

MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



WINTER 2019-2020



MONTGOMERY COUNTY
Recreation



Free
SUMMER
CAMPS FAIR

Saturday, January 25, 2020
Noon - 3 p.m.

- Information on hundreds of summer camps offered by Montgomery County Recreation
- Interactive demos for kids
- Raffles and prizes
- On-site Registration

Wheaton Community Recreation Center
11701 Georgia Avenue • 240-777-6840
Hablamos Español • WWW.MOCOREC.COM



MONTGOMERY COUNTY
Recreation



Dive with **SCUBA SANTA**

December 8, 2019 | Noon-4 P.M.

HAVE YOUR PHOTO TAKEN WITH SANTA

All ages welcome! Ages 10+ may use provided SCUBA equipment after receiving instruction. Those nine and younger can hold their breath and swim down for a quick action shot with Santa or visit with Santa in the shallow end.

DONATIONS

Bringing a non-perishable food item or a donation of \$5 or more is suggested. All contributions benefit MUM Capt. Joseph A. Mattingly Jr. Food Pantry.

LOCATION

Olney Swim Center
16605 Georgia Ave., Olney
240-777-4995 • Hablamos Español
WWW.MOCOREC.COM



MONTGOMERY COUNTY
Recreation



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Welcome to the winter issue of the Montgomery County Guide. Inside these pages, you will find hundreds of activities, classes and programs to keep you active during these colder months. The new Wheaton Community Recreation Center is open, and activities and programs at the state-of-the-art facility are ramping up. Celebrate the holidays with Montgomery County Recreation – our Holiday Craft Show at the Bauer Drive Community Recreation Center and Dive with Scuba Santa at the Olney Swim Center are popular events. Visit the calendar on the MoCoRec.com website for more upcoming holiday happenings. I wish you a happy and healthy holiday season, and encourage you to stay active and engaged in the new year!

Marc Elrich
Montgomery County Executive



Registration For Winter Classes
& Swim Lessons Begin

NOVEMBER 12



@MONTGOMERYCOUNTYRECREATION



@MOCOREC



@MOCORECREATION



@MOCORECREATION

WHEATON COMMUNITY RECREATION CENTER

NOW OPEN



HOURS OF OPERATION:

MONDAY-THURSDAY: 9 A.M. - 9 P.M.

FRIDAY-SATURDAY: 9 A.M. - 11 P.M.

SUNDAY: 1 - 5 P.M.



Wheaton Community Recreation Center
11701 Georgia Avenue, Wheaton
240-773-4825 | Hablamos Español





GIVE THE GIFT OF
**FUN.RECREATION.
HEALTH.WELLNESS.
COMMUNITY.CAMPS.
& MORE.**

Get your ActiveMONTGOMERY gift cards online today,
at ActiveMONTGOMERY.org

Active
MONTGOMERY



Fashion BOOTCAMP

EAST COUNTY COMMUNITY RECREATION CENTER

For teens ages 12-18,
interested in modeling, dancing
and theater production.

**REGISTRATION BEGINS
JANUARY 2020.**

For more information call
240-777-8080.

RecZone County Cup



YOUTH DEVELOPMENT

Montgomery County Recreation

Youth Development Office: 240-777-8080

www.mocorec.com/youth



Facebook:
montgomerycountyrecreation



Twitter:
@mocorec



Instagram:
mocorecreation



MAKE A DIFFERENCE

BECOME A TEENWORKS VOLUNTEER

ARE YOU?

- ☒ AT LEAST 14 YEARS OLD + CURRENTLY ENROLLED IN A MONTGOMERY COUNTY HIGH SCHOOL?
- ☒ INTERESTED IN VOLUNTEERING FOR A DIVERSE SET OF YOUTH DEVELOPMENT PROGRAMS?
- ☒ WANT TO EARN STUDENT SERVICE LEARNING (SSL) HOURS?

THEN WE ARE LOOKING FOR YOU!

Volunteers will assist Youth Development staff in providing fun and safe programming to all participants. For more information call Chass Seymour at 240-777-6969 or email chass.seymour@montgomerycountymd.gov.

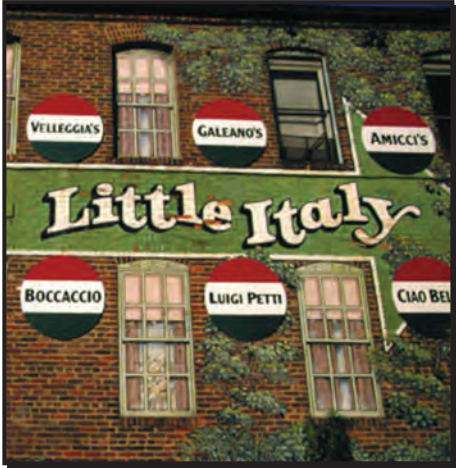




MONTGOMERY COUNTY RECREATION

SOAR

SENIOR OUTDOOR ADVENTURES IN RECREATION



SOAR offers day trips designed for the active, vigorous senior adult, age 55 and older. Each trip involves a lot of walking and/or exercise. Travel by motorcoach for trips unless otherwise specified. All trips will depart from and return to the Olney Manor Recreational Park.

COMING THIS SPRING

- Cherry Blossom Cruise · Taste of Little Italy · The Wyeth Story
- Spies of Washington with Gary Powers, Jr. · Safari Tour
- Harriet Tubman Tour · Lincoln Assassination Tour
- Shadowing Senator Kagan in the Maryland Capitol



MAKE EVERY DAY UNFORGETTABLE

Day Trippers offers trips for all ages with a variety of destinations – a day trip program planned with your interests in mind.

Join us for exciting trips offered throughout each season and leave the driving to us. Children under 18 must be accompanied by an adult. Trips leave from and return to Olney Manor Recreational Park.

COMING THIS SPRING

- Philadelphia Flower Show
- Weinberg Center for the Arts -Teelin Irish Dance
- Toby's Kinky Boots Sunday Matinee
- Queen Esther -Sight & Sound Theatre
- The Kitchen Shoppe – Cooking Demonstration
- Maymont & Lewis Ginter Gardens Tours, Richmond, Va.
- Sweet Remembrances Tea Room & Rosemary House
- Maryland Lavender Festival, Springfield Manor, Md.
- and many more exciting trips.



Rec Assist

Financial Assistance Program

2020

Montgomery County Recreation offers financial assistance to those who qualify.

Applications for 2020 will be accepted beginning December 16, 2019.



For more information visit WWW.MOCOREC.COM
240-777-6840 • Hablamos Español



Aquatics

*Live a Little ...
Swim a Lot!*

INDOOR POOLS

**Martin Luther King, Jr
Swim Center (MLK)**
240-777-8060
1201 Jackson Road
Silver Spring, MD 20904

**Eunice Kennedy Shriver &
Sargent Shriver Aquatic
Center (KSAC)**
240-777-8070
5900 Executive Boulevard
N. Bethesda, MD 20852

**Olney Indoor
Swim Center (OSC)**
240-777-4995
16605 Georgia Avenue
Olney, MD 20832

**Germantown
Indoor Swim Center (GISC)**
240-777-6830
18000 Central Park Circle
Boyd's, MD 20841

Closed: Dec. 12-15, 2019

Jan. 17-19, 2020

Feb. 7-8 & 13-15 2020

All pools will close at 3pm on Dec. 24 and Dec. 31, 2019.

All facilities will be closed Nov. 28 and Dec. 25, 2019 and Jan. 1, 2020.

Family Recreational Swims

Recreational and lap-swim sessions are available daily at each pool. Patrons may pay admission for each entry or purchase a family, pair, senior or individual pool pass. Groups of more than six must contact pool management for additional information.

Swimming Instruction

Please check each pool's listing for lesson schedule changes. Lessons will be held on all other days the facility is open. Please register accordingly.

Rentals and Parties

Groups can rent space at GISC, KSAC, OSC and MLK for events. Party rooms are available as well. Contact the facility or visit www.mocorec.com for available times and fees.

Website Information

Find schedules online for swim lessons, safety training (lifeguard training), masters swim training, diving, water fitness classes and swim team, as well as general pool use. Visit www.mocorec.com for more information.

WATER FITNESS CLASSES

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission fee.
- No swimming experience is required. For Deep Water Running student must be comfortable in deep water.
- Entrance to locker rooms is permitted 10 minutes prior to class.
- Physician release form is required if pregnant.
- Physician consultation is recommended prior to participation in any exercise program.
- MCR does not schedule make-up classes for inclement weather. Make-up passes are available from instructors. Withdrawal policies are listed on page 164.
- For more information, contact Linda Costello at 301-924-3488 or wellnet1@aol.com, or Teresa Shelton at 410-491-3000 or tsshelton100@yahoo.com.



WATER FITNESS

Water Fitness

Abs & Glutes & More

Ages 12 & Up: Shallow water aerobics class with high energy packed with power that will sculpt your abs, glutes, and more. Gloves are recommended and can be purchased at class.

10 Sessions \$65

Instructor: H2O Fitness

72518	MLK	1/6	M	10 a.m. - 10:50 a.m.
72521	KSAC	1/7	Tu	9 a.m. - 9:50 a.m.
72519	MLK	1/8	W	10 a.m. - 10:50 a.m.
72522	KSAC	1/9	Th	9 a.m. - 9:50 a.m.
72520	MLK	1/9	Th	8:30 p.m. - 9:20 p.m.

Aqua Cardio Challenge

Ages 12 & Up: This class offers a vigorous shallow water workout giving you the cardio challenge you want. It is a power packed class where you will build muscle, endurance and stamina.

9 Sessions \$59

Instructor: H2O Fitness

72524	MLK	1/5	Su	5 p.m. - 5:50 p.m.
72523	MLK	1/7	Tu	8:30 p.m. - 9:20 p.m.

Aqua Cardio Dance

Ages 12 & Up: A Latin-based workout that integrates dance and exercise! Aqua Dance adds all of the benefits of aquatic exercise to these popular high-energy dance workouts.

10 Sessions \$65

Instructor: H2O Fitness

72526	MLK	1/7	Tu	9:30 a.m. - 10:20 a.m.
72527	MLK	1/9	Th	9:30 a.m. - 10:20 a.m.

Instructor: Wellness Network

72528	OSC	1/5	Su	9 a.m. - 9:50 a.m.
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Aqua Lite

Ages 12 & Up: This class is low intensity and low impact, and will improve joint flexibility, balance and coordination. For those with arthritis, or recovering from injury or surgery, this class will help reduce muscle weakness, pain and stiffness in the upper and lower body.

10 Sessions \$65

Instructor: Wellness Network

72529	OSC	1/6	M	10 a.m. - 10:50 a.m.
72532	KSAC	1/6	M	11 a.m. - 11:50 a.m.
72530	OSC	1/8	W	10 a.m. - 10:50 a.m.
72533	KSAC	1/8	W	11 a.m. - 11:50 a.m.
72531	OSC	1/10	F	10 a.m. - 10:50 a.m.

Aqua Spin

Ages 12 & Up: Patrons of all fitness levels can spin their wheels on a stationary bike in the water. This invigorating class combines the best of a cycle spinning class with a water exercise class. Some of these benefits include: high intensity workout using the water to cushion and protect the joints as well as facilitate high caloric burn, lean muscle building of upper and lower body, and cardio conditioning. Get ready to have fun! Aqua shoes are mandatory.

9 Sessions \$81

Instructor: H2O Fitness

72536	MLK	1/10	F	7:30 p.m. - 8:20 p.m.
76038	KSAC	1/10	F	8 a.m. - 8:50 a.m.
72544	KSAC	1/10	F	8 p.m. - 8:50 p.m.
72538	MLK	1/11	Sa	7 p.m. - 7:50 p.m.

10 Sessions \$90

Instructor: H2O Fitness

72535	MLK	1/7	Tu	10:30 a.m. - 11:20 a.m.
72539	MLK	1/8	W	7:30 a.m. - 8:20 a.m.
72541	KSAC	1/8	W	12:30 p.m. - 1:20 p.m.
72540	KSAC	1/8	W	8:30 p.m. - 9:20 p.m.
72534	MLK	1/9	Th	10:30 a.m. - 11:20 a.m.
72542	KSAC	1/9	Th	1 p.m. - 1:50 p.m.
72545	MLK	1/10	F	6:30 a.m. - 7:20 a.m.
72537	MLK	1/10	F	9 a.m. - 9:50 a.m.





WATER FITNESS

**Aqua YO-Lates**

Ages 12 & Up: Aqua Yo-Lates blends yoga and Pilates exercises in the water. The gentle movement sequences will improve range of motion and help strengthen the whole body.

10 Sessions \$65

Instructor: H2O Fitness
72546 MLK 1/10 F 10 a.m. - 10:50 a.m.

Deep Water Running

Ages 12 & Up: Ideal cardiovascular exercise with no weight bearing stress. Beneficial for cross-training and/or rehabilitating persons requiring cushioning of deep water. Deep water belt is required and may be purchased at the pool \$20.

10 Sessions \$65

Instructor: Wellness Network

72560	GISC	1/6	M	10:30 a.m. - 11:20 a.m.
72564	OSC	1/6	M	7:15 p.m. - 8:05 p.m.
72563	GISC	1/6	M	7:50 p.m. - 8:40 p.m.
72565	OSC	1/7	Tu	8:30 a.m. - 9:20 a.m.
72559	GISC	1/7	Tu	10 a.m. - 10:50 a.m.
72566	OSC	1/7	Tu	10:30 a.m. - 11:20 a.m.
72557	KSAC	1/7	Tu	7:45 p.m. - 8:35 p.m.
72567	OSC	1/7	Tu	8:15 p.m. - 9:05 p.m.
72573	OSC	1/8	W	6:30 a.m. - 7:20 a.m.
72561	GISC	1/8	W	10:30 a.m. - 11:20 a.m.
72568	OSC	1/8	W	7:15 p.m. - 8:05 p.m.
72569	OSC	1/9	Th	9 a.m. - 9:50 a.m.
72570	OSC	1/9	Th	11 a.m. - 11:50 a.m.
72571	OSC	1/9	Th	8:15 p.m. - 9:05 p.m.
72769	OSC	1/10	F	6:30 a.m. - 7:20 a.m.
72572	OSC	1/10	F	6:15 p.m. - 7:05 p.m.

Instructor: H2O Fitness

72550	MLK	1/6	M	1 p.m. - 1:50 p.m.
72551	MLK	1/7	Tu	7:30 a.m. - 8:20 a.m.
72547	KSAC	1/7	Tu	10 a.m. - 10:50 a.m.
72552	MLK	1/7	Tu	7:30 p.m. - 8:20 p.m.
72556	MLK	1/8	W	1 p.m. - 1:50 p.m.
72553	MLK	1/9	Th	7:30 a.m. - 8:20 a.m.
72548	KSAC	1/9	Th	10 a.m. - 10:50 a.m.
72554	MLK	1/9	Th	7:30 p.m. - 8:20 p.m.
72555	MLK	1/10	F	11 a.m. - 11:50 a.m.

Hi/Lo Cardio Fusion

Ages 12 & Up: A unique class that gives you a cardio workout with a blend of yoga and pilates exercises infused into the workout.

9 Sessions \$59

Instructor: H2O Fitness
72574 KSAC 1/10 F 11:30 a.m. - 12:20 p.m.

Water Aerobics

Ages 12 & Up: Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

8 Sessions \$52

Instructor: Wellness Network
72577 GISC 1/9 Th 7:50 p.m. - 8:40 p.m.

10 Sessions \$65

Instructor: Wellness Network

72578	KSAC	1/6	M	10 a.m. - 10:50 a.m.
72580	OSC	1/7	Tu	9:30 a.m. - 10:20 a.m.
72581	OSC	1/7	Tu	7:15 p.m. - 8:05 p.m.
72579	KSAC	1/8	W	10 a.m. - 10:50 a.m.
72576	OSC	1/8	W	8:15 p.m. - 9:05 p.m.
72582	OSC	1/9	Th	10 a.m. - 10:50 a.m.
72583	OSC	1/9	Th	7:15 p.m. - 8:05 p.m.
72525	KSAC	1/10	F	10 a.m. - 10:50 a.m.

Water Exercise

Ages 12 & Up: Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

10 Sessions \$65

Instructor: H2O Fitness

72584	MLK	1/6	M	9 a.m. - 9:50 a.m.
72586	KSAC	1/6	M	8:30 p.m. - 9:20 p.m.
72587	KSAC	1/7	Tu	11:30 a.m. - 12:20 p.m.
72585	MLK	1/8	W	9 a.m. - 9:50 a.m.
72588	KSAC	1/9	Th	11:30 a.m. - 12:20 p.m.

Instructor: Wellness Network

72590	OSC	1/6	M	9 a.m. - 9:50 a.m.
72591	OSC	1/8	W	9 a.m. - 9:50 a.m.
72589	GISC	1/8	W	9:30 a.m. - 10:20 a.m.
72592	OSC	1/10	F	9 a.m. - 9:50 a.m.

Now Hiring: Part Time Staff

Part-time temporary work is available at our indoor pools for Lifeguards, Instructors, Cashiers and Swim Coaches. Training and certification is available.

For more information, contact a facility supervisor at the indoor pool nearest you or call the Aquatics Office at 240-777-6860.

Diving

AAU National Team

Ages 6-17: This is an invitation-only program designed to prepare athletes for AAU and collegiate competition. Participants will train for and compete in AAU Diving meets around the area, with the goal of qualifying for the AAU National Championships. All participants must pay a \$300 team fee each year and sign up for the email newsletter at www.montgomerycountydiveclub.org.

\$675

Instructor: Built By Beavers

75587 MLK 12/2 Su-T,F-Sa 7 p.m.-9 p.m.

High School Diving

Ages 13-17: This group is perfect for divers interested in trying out for a high school diving team, or who want to improve their performance at Metro, Regional and State Championship Meets. Primary focus is on one-meter springboard, but other equipment is used to build skills. All participants must pay a \$15 team fee and sign up for the email newsletter at www.montgomerydiveclub.org.

\$275

Instructor: Built By Beavers

75598 GISC 12/2 M 8:30 p.m.-10 p.m.

75595 KSAC 12/2 M 8:30 p.m.-10 p.m.

75597 GISC 12/4 W 8:30 p.m.-10 p.m.

75596 KSAC 12/5 Th 8 p.m.-9:30 p.m.

Level 1: Human Springs

Ages 5-11: This 45-minute class is designed for beginners or students who prefer a shorter class format. Participants must be comfortable swimming in deep water and must be able to dive in head-first. All participants must pay a \$15 team fee and sign up for the email newsletter at www.montgomerydiveclub.org.

\$145

Instructor: Built By Beavers

75600 KSAC 12/2 M 4:15 p.m.-5 p.m.

75601 KSAC 12/2 M 5 p.m.-5:45 p.m.

75599 KSAC 12/3 Tu 4:15 p.m.-5 p.m.

75607 GISC 12/3 Tu 4:15 p.m.-5 p.m.

75606 KSAC 12/4 W 4:15 p.m.-5 p.m.

75602 KSAC 12/4 W 5 p.m.-5:45 p.m.

75605 OSC 12/4 W 5 p.m.-5:45 p.m.

75604 GISC 12/5 Th 4:15 p.m.-5 p.m.

75603 KSAC 12/6 F 4:15 p.m.-5 p.m.



DIVING

WWW.RMSCSWIMMING.COM



**INDIVIDUAL PROGRESS
TEAM UNITY**

**NATIONALLY RECOGNIZED
5 PRACTICE SITES**

Rockville, Silver Spring, Bethesda, Olney, and Germantown





DIVING

Level 2/3: Human Springs

Ages 8-17: This is a combined Level-2 and Level-3 class. These 90-minute classes are for students with some experience in summer diving, trampoline, gymnastics or dance, who are interested in improving their diving skills. Divers will learn skills on the one-meter and three-meter springboards as well as poolside. Divers must be comfortable jumping off the 1-meter springboard and swimming in deep water. All participants must pay a \$15 team fee per quarter and sign up for the email newsletter at www.montgomerydiveclub.org.

\$275

Instructor: Built By Beavers

75610 OSC 12/4 W 5:45 p.m.-7:15 p.m.

75609 KSAC 12/8 Su-T,F-Sa 8:30 a.m.-10 a.m.

Level 2: Human Springs

Ages 8-17: These 90-minute classes are best for students with some experience in summer diving, trampoline, gymnastics or dance. This class is appropriate for students who cannot yet perform an inward dive or a 1½. All participants must pay a \$15 team fee per quarter and sign up for the email newsletter at www.montgomerycountydiveclub.org.

\$275

Instructor: Built By Beavers

75612 GISC 12/3 Tu 5 p.m.-6:30 p.m.

75613 GISC 12/5 Th 5 p.m.-6:30 p.m.

75614 KSAC 12/3 Tu 5 p.m.-6:30 p.m.

75611 KSAC 12/5 Th 4:30 p.m.-6 p.m.

75616 KSAC 12/6 F 5 p.m.-6:30 p.m.

Level 3: Human Springs

Ages 8-17: These 90-minute classes are for students with past diving experience from summer diving or Level 2. Participants can already perform an inward dive and a front 1½. All participants must pay a \$15 team fee per quarter and sign up for the email newsletter at www.montgomerydiveclub.org.

\$275

Instructor: Built By Beavers

75619 KSAC 12/2 M 6:30 p.m.-8 p.m.

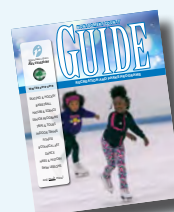
75622 KSAC 12/3 Tu 6:30 p.m.-8 p.m.

75620 KSAC 12/4 W 6:30 p.m.-8 p.m.

75621 KSAC 12/5 Th 6 p.m.-7:30 p.m.

75623 KSAC 12/6 F 6:30 p.m.-8 p.m.

When Is the Guide Available?



**Winter
2019/2020**
Early November 2019
Registration begins
November 12, 2019



**Summer Camps
2020**
Early January 2020
Registration begins
Mid-January 2020



**Spring
2020**
Late January 2020
Registration begins
Mid-February 2020



**Summer
2020**
Early May 2020
Registration begins
Mid-May 2020



**Fall
2020**
Early August 2020
Registration begins
Mid-August 2020

Where Can I Get The Guide?

Online:

WWW.MOCOREC.COM/GUIDE

Subscribe:

We'll mail all five Guides to you for just \$5.

Pick One Up:

Print copies of the Guide are available while supplies last at:
Montgomery County Recreation facilities
Montgomery Parks facilities

Masters Diving

Ages 19 & Up: This program is for adults who want to try diving, or former competitive divers who aren't quite ready to hang up the speedo. All participants must pay a \$15 team fee and sign up for the email newsletter at www.montgomerydiveclub.org.

\$275

Instructor: Built By Beavers

75624 KSAC 12/2 M 8 p.m.-9:30 p.m.

75625 KSAC 12/5 Th 8 p.m.-9:30 p.m.

Springs Diving Team - Homeschool Edition

Ages 6-17: This class is appropriate for Level 2 and 3 divers who are homeschooled. All participants must pay a \$15 team fee each quarter and sign up for the email newsletter at www.montgomerycountymd.org

\$275

Instructor: Built By Beavers

75626 KSAC 12/2 M 11:30 a.m.-1 p.m.

75627 KSAC 12/4 W 11:30 a.m.-1 p.m.

75628 KSAC 12/6 F 11:30 a.m.-1 p.m.

USAD Developmental Group

Ages 6-12: This is an invitation-only program designed to prepare athletes for AAU competition. Participants will train once a week in the water and once a week on dry land (for a separate fee). Divers will learn basics on one-meter and three-meter. Participants must pay a \$300 team fee each year and sign up for the email newsletter at www.montgomerydiveclub.org.

\$400

Instructor: Built by Beavers

75630 GISC 12/3 Tu,Th 4:30 p.m.-6:30 p.m.

75629 KSAC 12/3 Tu,Th 5 p.m.-7 p.m.

Masters

Masters Swimming

Ages 18 & Up: Competitive swimming adults get a structured workout with a professional coach. Those who wish to compete can do so at local or national competitions. Triathletes welcome. Swimmers need to be proficient in most strokes and advanced enough to circle-swim a workout. Training is offered at all indoor pools. Current membership in US Masters Swimming is required to participate in this activity.

1 Day per Week \$120

73730 12/29

2 Days per Week \$180

73732 12/29

3 Days per Week \$220

73734 12/29

4 Days per Week \$260

73735 12/29

5 Days per Week \$300

73737 12/29

Fall/Winter/Spring Master's Swimming Schedule	
GISC	KSAC
M: 6:30-7:30 a.m.	Su: 8:00-10 a.m.
Tu: 8:30-10 p.m.	Tu: 8:30-10 p.m.
W: 6:30-7:30 a.m.	Th: 8:30-10 p.m.
Th: 8:30-10 p.m.	F: 7:45-9 p.m.
F: 6:30-7:30 a.m.	
MLK	OSC
M: 8:30-10 p.m.	Tu: 8:30-10 p.m.
W: 8:30-10 p.m.	Th: 8:30-10 p.m.
	Sa: 7:30-9 a.m.





Developmental

SwiMontgomery

Ages 5-13: A developmental program for kids 13 and under who have an interest in competitive swimming and want to build a foundation of related skills. Swimmers must be able to swim 25 yards/meters without stopping.

18 Sessions \$295

Instructor: Montgomery Stroke And Turn Clinic

73725	GISC	1/7	Tu,Th	7:45 p.m.-8:30 p.m.
73726	KSAC	1/7	Tu,Th	7:45 p.m.-8:30 p.m.
73723	MLK	12/2	M,W	7:30 p.m.-8:15 p.m.
73724	OSC	12/2	M,W	7:15 p.m.-8 p.m.

Stroke and Turn Clinic

Ages 5-18: Montgomery Stroke and Turn Clinic is designed for swimmers who wish to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength and have fun. This is not a training program, but coaches will work on proper stroke mechanics and techniques to prepare swimmers for the upcoming summer season. Swimmers must be able to swim 25 yards or 25 meters without stopping.

24 Sessions \$425

67653	KSAC	10/6-5/17	Su	5:30 p.m.-6:20 p.m.
67654	KSAC	10/6-5/17	Su	6:20 p.m.-7:10 p.m.
67655	KSAC	10/6-5/17	Su	7:10 p.m.-8 p.m.
67996	GISC	10/6-5/17	Su	5:30 p.m.-6:20 p.m.
67656	GISC	10/6-5/17	Su	6:20 p.m.-7:10 p.m.
67657	GISC	10/6-5/17	Su	7:10 p.m.-8 p.m.
67658	OSC	10/6-5/17	Su	5:30 p.m.-6:20 p.m.
67659	OSC	10/6-5/17	Su	6:20 p.m.-7:10 p.m.
67660	OSC	10/6-5/17	Su	7:10 p.m.-8 p.m.
67997	MLK	10/6-5/17	Su	5:30 p.m.-6:20 p.m.
67661	MLK	10/6-5/17	Su	6:20 p.m.-7:10 p.m.
67662	MLK	10/6-5/17	Su	7:10 p.m.-8 p.m.

Scuba

Ages 14 & Up: Scuba training includes lectures and swimming pool sessions on safe snorkeling and SCUBA diving techniques. A mandatory swim evaluation will be conducted at the first class, each student must demonstrate comfort in the water. Bring a swimsuit and towel to all sessions, including the first. Students must bring their personal equipment (mask, snorkel, fins, fin boots and weight belt) beginning with the second class, and it will be described at the first lecture. Other SCUBA equipment is included in the course fee, including SCUBA tanks, air, regulators and buoyancy compensators. Additional fees apply and will be discussed at the first class session. After successful completion of the course, written evaluation, and required open water certification dives the student will earn a BASIC SCUBA Diver certification card.

8 Sessions \$265

Instructor: Scott Hagedorn

75216	OSC	2/3	Tu	7 p.m.-10 p.m.
75215	GISC	2/4	M	7 p.m.-10 p.m.

Instructor: Joe Lodmell

75217	MLK	2/5	W	7 p.m.-10 p.m.
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**Check out our
Yoga-Pilates Fusion
Class at KSAC at the
same time!**

See page 50 for details!



LIFEGUARD TRAINING

MCR-Aquatics offers American Red Cross courses for potential aquatics professionals. Participants must meet all prerequisites and attend all sessions. Call the facility for further information.

This course will train students to be certified in American Red Cross Lifeguarding, First Aid and CPR/AED for Professional Rescuer. Certifications are valid for two years. Attendance is required at all sessions to earn certification. Students must be at least 15 years old by the last day of the course. Proof of age is required at the first class. This course includes a pre-course check, which takes place on the first date listed for each Lifeguard Training course. Participants must pass the pre-course to continue. The pre-course consists of three parts:

1. Swim 300 meters using front crawl or breaststroke.
2. Tread water for two minutes using only legs.
3. Swim 20 yards using free or breaststroke, surface dive to seven-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards on your back to starting position and exit the water on your own in under one minute 40 seconds.

Enrollment in this course does not guarantee certification. Students must pass written and physical exams. Course length is based on number of instructional hours, not the number of sessions. Each pool conducts courses based on the pool schedule. Cost of the course is \$135.

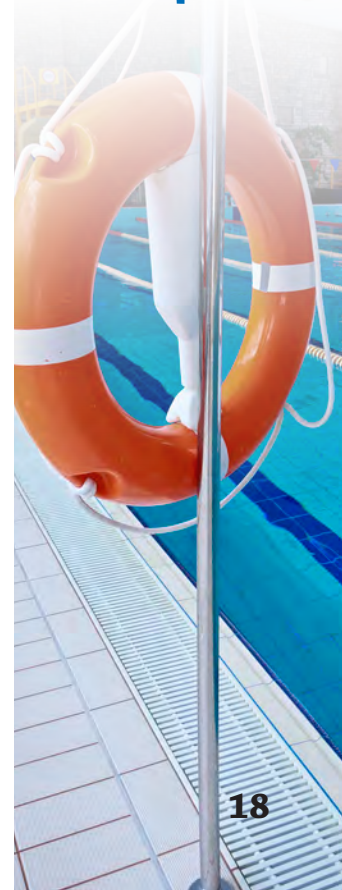
Germantown Indoor Swim Center

Session	Date	Begins	Ends
LGT 2: Course 68929 February/March 2020			
Pre-Course	Friday, Feb. 14	7:30pm	10:00pm
Session 1	Friday, Feb. 21	6:00pm	9:00pm
Session 2	Saturday, Feb. 22	9:30am	4:00pm
Session 3	Sunday, Feb. 23	9:30am	4:00pm
Session 4	Saturday, Feb. 29	9:30am	4:00pm
Session 5	Sunday, Mar. 1	9:30am	4:00pm
LGT 3: Course 68930 March 2020			
Pre-Course	Friday, Feb. 28	6:00pm	9:00pm
Session 1	Friday, Mar. 6	6:00pm	9:00pm
Session 2	Saturday, Mar. 7	9:30am	4:00pm
Session 3	Sunday, Mar. 8	9:30am	4:00pm
Session 4	Saturday, Mar. 14	9:30am	4:00pm
Session 5	Sunday, Mar. 15	9:30am	4:00pm
LGT 4: Course 68231 April 2020			
<i>MCPS Spring Break</i>			
Pre-Course	Friday, Mar. 27	7:30pm	10:00pm
Session 1	Friday, Apr. 3	6:00pm	9:00pm
Session 2	Saturday, Apr. 4	9:30am	4:00pm
Session 3	Sunday, Apr. 5	9:30am	4:00pm
Session 4	Wednesday, Apr. 8	9:00am	4:00pm
Session 5	Thursday, Apr. 9	9:00am	4:00pm
LGT5: Course 68932 June 2020			
Pre-Course	Friday, Jun. 5	7:15pm	9:00pm
Session 1	Friday, Jun. 12	6:00pm	9:00pm
Session 2	Saturday, Jun. 13	9:30am	4:00pm
Session 3	Sunday, Jun. 14	9:30am	4:00pm
Session 4	Monday, Jun. 15	2:00pm	8:30pm
Session 5	Tuesday, Jun. 16	2:00pm	8:30pm

Kennedy Shriver Aquatic Center

Session	Date	Begins	Ends
LGT 2: Course 69407 Dec. 2019			
<i>MCPS Winter Break</i>			
Pre-Course	Wednesday, Dec. 18	6:30pm	9:30pm
Session 1	Saturday, Dec. 21	9:00am	4:00pm
Session 2	Sunday, Dec. 22	9:00am	4:00pm
Session 3	Monday, Dec. 23	9:00am	4:00pm
Session 4	Thursday, Dec. 26	9:00am	4:00pm
Session 5	Friday, Dec. 27	9:00am	12:00pm
LGT 3: Course 69408 February/March 2020			
Pre-Course	Wednesday, Feb. 26	6:30pm	9:30pm
Session 1	Saturday, Feb. 29	9:00am	4:00pm
Session 2	Wednesday, Mar. 4	6:30pm	9:30pm
Session 3	Saturday, Mar. 7	9:00am	4:00pm
Session 4	Wednesday, Mar. 11	6:30pm	9:30pm
Session 5	Saturday, Mar. 14	9:00am	4:00pm
Session 6	Wednesday, Mar. 18	6:30pm	9:30pm
LGT 4: Course 69410 March/April 2020			
Pre-Course	Friday, Mar. 25	6:30pm	9:30pm
Session 1	Saturday, Mar. 28	9:00am	4:00pm
Session 2	Wednesday, Apr. 1	6:30pm	9:30pm
Session 3	Saturday, Apr. 4	9:00am	4:00pm
Session 4	Monday, Apr. 6	9:00am	4:00pm
Session 5	Tuesday, Apr. 7	9:00am	4:00pm
Session 6	Thursday, Apr. 9	9:00am	1:00pm
LGT 5: Course 69424 April 2020			
Pre-Course	Wednesday, Apr. 8	6:30pm	9:30pm
Session 1	Saturday, Apr. 11	9:00am	4:00pm
Session 2	Wednesday, Apr. 15	6:30pm	9:30pm
Session 3	Saturday, Apr. 18	9:00am	4:00pm
Session 4	Wednesday, Apr. 22	6:30pm	9:30pm
Session 5	Saturday, Apr. 25	9:00am	4:00pm
Session 6	Wednesday, Apr. 29	6:30pm	9:30pm

LIFEGUARD TRAINING





LIFEGUARD TRAINING



LGT 6: Course 69425

June 2020

Pre-Course	Wednesday, Jun. 10	6:30pm	9:30pm
Session 1	Saturday, Jun. 13	9:00am	5:00pm
Session 2	Sunday, Jun. 14	9:00am	5:00pm
Session 3	Monday, Jun. 15	9:00am	1:00pm
Session 4	Tuesday, Jun. 16	9:00am	5:00pm
Session 5	Wednesday, Jun. 17	6:30pm	9:30pm
Session 6	Thursday, Jun. 18	9:00am	12:00pm

Martin Luther King, Jr. Swim Center

Session	Date	Begins	Ends
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LGT 1: Course 70223

December 2019

Pre-course	Friday, Dec. 20	10:00am	12:00pm
Session 1	Friday, Dec. 27	10:00am	6:00pm
Session 2	Saturday, Dec. 28	10:00am	6:00pm
Session 3	Sunday, Dec. 29	10:00am	6:00pm
Session 4	Monday, Dec. 30	10:00am	6:00pm
Session 5	Tuesday, Dec. 31	10:00am	6:00pm

LGT 2: Course 70224

March 2020

Pre-course	Sunday, Mar. 8	1:00pm	3:00pm
Session 1	Friday, Mar. 13	6:30pm	10:00pm
Session 2	Saturday, Mar. 14	9:00am	5:30pm
Session 3	Sunday, Mar. 15	9:00pm	5:00pm
Session 4	Friday, Mar. 20	6:30pm	10:00pm
Session 5	Saturday, Mar. 21	9:00am	5:30pm
Session 6	Sunday, Mar. 22	9:00am	5:00pm

LGT 3: Course 70225

April 2020

Pre-course	Sunday, Mar. 29	11:30am	1:30pm
Session 1	Saturday, Apr. 4	10:00pm	6:00pm
Session 2	Sunday, Apr. 5	10:00am	6:00pm
Session 3	Monday, Apr. 6	10:00pm	6:00pm
Session 4	Tuesday, Apr. 7	10:00am	6:00pm
Session 5	Wednesday, Apr. 8	10:00pm	6:00pm

LGT 4: Course 70227

May 2020

Pre-course	Wednesday, Apr. 29	7:00pm	9:00pm
Session 1	Friday, May 1	6:30pm	10:00pm
Session 2	Saturday, May 2	10:00am	6:00pm
Session 3	Sunday, May 3	10:00pm	6:00pm
Session 4	Friday, May 8	6:30pm	10:00pm
Session 5	Saturday, May 9	10:00pm	6:00pm
Session 6	Sunday, May 10	10:00am	6:00pm

LGT 5: Course 70228

June 2020

Pre-course	Sunday, Jun. 7	10:00am	12:00pm
Session 1	Saturday, Jun. 13	10:00pm	6:00pm
Session 2	Tuesday, Jun. 16	10:00am	6:00pm
Session 3	Wednesday, Jun. 17	10:00pm	6:00pm
Session 4	Thursday, Jun. 18	10:00am	6:00pm
Session 5	Friday, Jun. 19	10:00pm	6:00pm

LGT 6: Course 70349

July 2020

Pre-course	Wednesday, Jul. 1	11:00am	1:00pm
Session 1	Wednesday, Jul. 8	11:00am	2:30pm
Session 2	Friday, Jul. 10	11:00am	2:30pm
Session 3	Saturday, Jul. 11	11:00pm	6:00pm
Session 4	Monday, Jul. 13	11:00am	2:30pm
Session 5	Tuesday, Jul. 14	11:00am	2:30pm
Session 6	Wednesday, Jul. 15	11:00am	2:30pm
Session 7	Friday, Jul. 17	11:00am	2:30pm
Session 8	Saturday, Jul. 18	11:00am	6:00pm

Olney Swim Center

Session	Date	Begins	Ends
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LGT 1: Course 70679

December 2019

Pre-course	Saturday, Dec. 21	9:00pm	12:30pm
Session 1	Sunday, Dec. 22	9:00am	4:30pm
Session 2	Monday, Dec. 23	9:00pm	4:30pm
Session 3	Tuesday, Dec. 24	9:00am	4:30pm
Session 4	Thursday, Dec. 26	9:00pm	4:30pm
Session 5	Friday, Dec. 27	9:00am	12:30pm

LGT 2: Course 70680

February 2020

Pre-course	Wednesday, Feb. 12	6:30pm	10:00pm
Session 1	Sunday, Feb. 16	9:00am	4:30pm
Session 2	Wednesday, Feb. 19	6:30am	4:30am
Session 3	Sunday, Feb. 23	9:30am	4:30pm
Session 4	Wednesday, Feb. 26	6:30pm	10:00pm
Session 5	Sunday, Mar. 1	9:00am	4:30pm
Session 6	Wednesday, Mar. 4	6:30pm	10:00pm

LGT 3: Course 70681

April 2020

Pre-course	Wednesday, Apr. 1	6:30pm	10:00pm
Session 1	Saturday, Apr. 4	9:00am	4:30pm
Session 2	Sunday, Apr. 5	9:00am	4:30pm
Session 3	Monday, Apr. 6	9:00am	4:30pm
Session 4	Tuesday, Apr. 7	9:00am	4:30pm
Session 5	Wednesday, Apr. 8	9:00am	12:30pm

LGT 4: Course 70682

May - June 2020

Pre-course	Wednesday, May 27	6:30pm	12:30pm
Session 1	Saturday, May 30	9:00am	4:30pm
Session 3	Sunday, May 31	9:00am	4:30pm
Session 4	Wednesday, Jun. 3	6:30pm	10:00pm
Session 5	Saturday, Jun. 6	9:00am	4:30pm
Session 6	Sunday, Jun. 7	9:00pm	5:00pm

LGT 5: Course 70683

June - July 2020

Pre-course	Saturday, Jun. 27	9:30am	12:30pm
Session 1	Monday, Jun. 29	9:00am	4:30pm
Session 2	Tuesday, Jun. 30	9:00am	4:30pm
Session 3	Wednesday, Jul. 1	9:00am	4:30pm
Session 4	Thursday, Jul. 2	9:00am	4:30pm
Session 5	Friday, Jul. 3	9:00am	1:00pm

Lifeguard Training-Accelerated

\$230

Instructor: Aquatic Training and Consulting Services

Martin Luther King, Jr. Swim Center

Session	Date	Begins	Ends
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LGT 1: Course 70738

May 2020

Session 1	Tuesday, May 12	9:00am	7:00pm
Session 2	Wednesday, May 13	9:00am	7:00pm
Session 3	Thursday, May 14	9:00am	7:00pm

LGT 2: Course 69720

May 2020

Session 1	Tuesday, May 19	9:00am	7:00pm
Session 2	Wednesday, May 20	9:00am	7:00pm
Session 3	Thursday, May 21	9:00am	7:00pm

LGT 3: Course 69717**May 2020**

Session 1	Tuesday, May 26	9:00am	7:00pm
Session 2	Wednesday, May 27	9:00am	7:00pm
Session 3	Thursday, May 28	9:00am	7:00pm

LGT 4: Course 69718**June 2020**

Session 1	Tuesday, Jun. 2	9:00am	7:00pm
Session 2	Wednesday, Jun. 3	9:00am	7:00pm
Session 3	Thursday, Jun. 4	9:00am	7:00pm

Upper County Outdoor Pool

Session	Date	Begins	Ends
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LGT 1: Course 69721**June 2020**

Session 1	Tuesday, Jun. 16	9:00am	7:00pm
Session 2	Wednesday, Jun. 17	9:00am	7:00pm
Session 3	Thursday, Jun. 18	9:00am	7:00pm

Lifeguard Training Review

Students looking to renew their lifeguard certification are eligible to do a review provided their certification is still current or recently expired.

\$160

Instructor: Aquatic Training and Consulting Services

Germantown Indoor Swim Center

Session	Date	Begins	Ends
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LGT 1: Course 70772**December 2019**

Session 1	Saturday, Dec. 29	9:00am	10:00pm
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Martin Luther King, Jr. Swim Center

Session	Date	Begins	Ends
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LGT 1: Course 70777**December 2019**

Session 1	Sunday, Dec. 22	9:00am	10:00pm
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LGT 2: Course 69724**April 2020**

Session 1	Saturday, Apr. 11	9:00am	10:00pm
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LGT 3: Course 69725**May 2020**

Session 1	Friday, May 22	9:00am	10:00pm
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LGT 4: Course 69726**May 2020**

Session 1	Saturday, May 23	9:00am	10:00pm
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Olney Swim Center

Session	Date	Begins	Ends
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LGT 1: Course 70776**May 2020**

Session 1	Saturday, May 9	9:00am	10:00pm
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Lifeguard Instructor Course

This course will train you to be certified as an American Red Cross Lifeguard Instructor including, First Aid and CPR/AED for Professional Rescuer. Certifications are valid for 2 years. Attendance is required at all sessions to be certified. Students must be 17 years old by the last day of the course. Proof of age is required at the first class. This course includes a pre-course check. The pre-course consists of successful completion of the American Red Cross Lifeguard Review. You must pass the pre-course to continue to the Lifeguard Instructor Course.

\$290**Kennedy Shriver Aquatic Center**

Session	Date	Begins	Ends
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LGI 1: Course 55179**Dec. 2019/Jan. 2020**

Pre-Course	Friday, Dec. 20	5:00pm	9:00pm
Pre-Course	Saturday, Dec. 28	9:30am	4:00pm
Pre-Course	Sunday, Dec. 29	9:30am	4:00pm
Session 1	Tuesday, Dec. 31	5:00pm	9:00pm
Session 2	Saturday, Jan. 4	9:30am	2:30pm
Session 3	Sunday, Jan. 5	9:30am	2:30pm
Session 4	Saturday, Jan. 11	9:30am	2:30pm
Session 5	Sunday, Jan. 12	9:30am	2:30pm

Pool Operator Course

This course will prepare the student to take the Montgomery County Pool Operators test. Students must be at least 17 years of age. The student must attend all classes. Note: The student must apply to the Department of Health and Human Services for the County Pool Operators License. Pool Operator Review Course also available. For further information, call 240-777-6860.

**LIFEGUARD TRAINING**



Swim Lessons



Indoor Swim Lesson
Registration will begin

November 12
at 6:30 a.m.
for residents

November 13 at 6:30 a.m.
for non-residents

Registrations will not be processed
before this time. In person registration
between 6:30 and 8:30 a.m. will be held at
the indoor aquatic centers only.

Please note the following:

Parents: in order to assist us in offering a quality program for your child, you may not remain at the class unless it is otherwise stated in the description. Experience has shown that children are easily distracted.

Observation is allowed from designated areas only. At some facilities, clear observation may not be possible. Observation is not possible at the MLK pool.

Class fee covers only the lessons and no other use of the facility.

Participants may enter the locker rooms ten minutes before the start of class.

Lesson questions should be directed to the facility where you wish to enroll.

For a detailed list of skills taught in each class, please inquire at the pool where you will be taking lessons.



Please check each pool's listings for lesson schedule changes due to facility conflicts. Lessons will be held on all other days the facility is open.

Indoor courses meet for six 30-minute sessions. Fees range from \$58 to \$67 depending on the level and the number of participants. Non-county residents are charged an additional \$15 fee.

Read course descriptions carefully and select the level at which the student has mastered all prerequisite skills. Review the Guidelines for Placement in Swim Classes on the following page.

If you are unsure of the student's level or ability, evaluations are available at each indoor facility for one hour after the last lesson every Saturday and Sunday. All other times are by appointment.

Registrations will not be accepted after the first lesson. There are no transfers. If you have enrolled in the incorrect level, you will be withdrawn and withdrawal fees will apply.

Aquatics Lesson Weather Policy

When an indoor lesson is canceled due to inclement weather, a practice pass will be given to each participant at the end of the session. Practice passes can be used for admission to a recreational swim session at any Montgomery County Recreation aquatic center. Practice passes expire six months from the date of issue and are valid for one adult and one child. When two or more lessons are canceled due to inclement weather, a pro-rated credit will be issued to the payer's ActiveMONTGOMERY account at the end of the session. The credit issued will be for the cost of the canceled lesson(s). The credit can be applied to future aquatics lessons or any other Montgomery County Recreation program.



Guidelines for Placement in Swim Classes

Parent-Assisted Lessons

Waterbabies (Ages 6-18 months)

Aquatots (Ages 18 months-3)

Pre-School (Ages 3-5)

Class Requirements:

On the first day of class, students must be able to have one adult participant per child and wear swim diapers or tight-fitting waterproof pants under their suit if not potty-trained.

Class Objectives:

Children will learn basic water-adjustment skills and begin to master simple swimming skills (submerging, floating, kicking and arm stroking). Parents will gain the knowledge and skills to work comfortably with their child in the water.

Level 1

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to function well in a group setting without parents.

Class Objectives:

Students learn water-adjustment skills. Students will be introduced to water entry, front and back floating, kicking, bobbing, blowing bubbles and arm strokes.

Level 2

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to enter water, front and back float without support, kick, blow bubbles and do arm strokes. Parents do not accompany children.

Class Objectives:

Students are already water adjusted. Students must be able to submerge for three seconds and float on their front and back without support. Students will be introduced to basic swimming skills: front and back glides, kicking, arm strokes on front and back and rhythmic breathing.

Level 3

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to use basic swimming skills including front and back glides, kicking, arm strokes on front and back and rhythmic breathing. Parents do not accompany children.

Class Objectives:

Students can already swim a combined stroke on the front and back, using a kick and arm stroke for a minimum of five yards. Students will be introduced to back crawl, elementary backstroke kick, treading water and rhythmic breathing. Students will also work on improving their front crawl.

Level 4

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to swim a coordinated front crawl for 15 yards and swim back crawl for 5 yards. Students should be comfortable in deep water.

Class Objectives:

Students can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for 5 yards and are comfortable in deep water. Students will be introduced to elementary backstroke and breaststroke. Students will also work on perfecting their front crawl, back crawl and treading water.

Level 5

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to demonstrate a proficient front crawl (freestyle) and backstroke, and be comfortable in deep water.

Class Objectives:

Students can swim one pool length of front and back crawl, tread water and dive into and swim in deep water. Students will begin learning sidestroke and fine-tune breaststroke. Students will also work on refining all previous strokes.

Level 6

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be proficient in all previous strokes (front crawl, back crawl and breaststroke).

Class Objectives:

Students can swim two pool lengths of front and back crawl and 15 yards of breaststroke in good form. Students will be introduced to turns, dolphin kick and surface dives. Students will also work on endurance, sidestroke and refining all other strokes.



SWIM LESSONS



Waterbabies

Ages 6m-18m: Designed for children 6 to 18 months. Basic water adjustment skills are taught. Infants/children who are not toilet trained MUST wear a swim diaper and separate rubber/vinyl pants. An adult must accompany EACH student in the water.

6 Sessions \$58

Germantown Indoor Swim Center

73289	1/4	Sa	10:25 a.m. - 10:55 a.m.
73290	1/5	Su	9:15 a.m. - 9:45 a.m.

Kennedy Shriver Aquatic Center

73579	1/4	Sa	10:20 a.m. - 10:50 a.m.
73580	1/4	Sa	11:40 a.m. - 12:10 p.m.
73581	1/5	Su	9:40 a.m. - 10:10 a.m.
73582	1/5	Su	11:40 a.m. - 12:10 p.m.
73583	1/6	M	9:30 a.m. - 10 a.m.
73584	1/7	Tu	10 a.m. - 10:30 a.m.

Martin Luther King Jr Swim Center

73345	1/5	Su	10 a.m. - 10:30 a.m.
73346	1/5	Su	10:40 a.m. - 11:10 a.m.

Olney Swim Center

73379	1/4	Sa	12:30 p.m. - 1 p.m.
73417	1/5	Su	10:30 a.m. - 11 a.m.
73434	1/7	Tu	5:20 p.m. - 5:50 p.m.

Aquatots

Ages 18m-3 years: Designed for children 18 months - 3 years of age. Basic water adjustment skills and simple water skills are taught. Infants/children who are not toilet trained MUST wear a swim diaper and separate rubber/vinyl pants. An adult must accompany EACH student in the water.

6 Sessions \$58

Germantown Indoor Swim Center

73239	1/4	Sa	11:45 a.m. - 12:15 p.m.
73240	1/4	Sa	12:25 p.m. - 12:55 p.m.
73241	1/5	Su	10:35 a.m. - 11:05 a.m.
73242	1/8	W	6:10 p.m. - 6:40 p.m.

Kennedy Shriver Aquatic Center

73514	1/4	Sa	9 a.m. - 9:30 a.m.
73515	1/4	Sa	12:20 p.m. - 12:50 p.m.
73516	1/5	Su	9 a.m. - 9:30 a.m.
73517	1/5	Su	11 a.m. - 11:30 a.m.
73518	1/7	Tu	9:30 a.m. - 10 a.m.
73519	1/8	W	6:10 p.m. - 6:40 p.m.
73520	1/9	Th	10 a.m. - 10:30 a.m.
73521	1/9	Th	5:30 p.m. - 6 p.m.

Martin Luther King Jr. Swim Center

73319	1/5	Su	11:20 a.m. - 11:50 a.m.
73317	1/6	M	5:50 p.m. - 6:20 p.m.
73318	1/8	W	5:10 p.m. - 5:40 p.m.

Olney Swim Center

73372	1/4	Sa	9:50 a.m. - 10:20 a.m.
73398	1/4	Sa	1:10 p.m. - 1:40 p.m.
73402	1/5	Su	8:30 a.m. - 9 a.m.
73409	1/5	Su	9:50 a.m. - 10:20 a.m.
73419	1/5	Su	11:10 a.m. - 11:40 a.m.
73435	1/7	Tu	6 p.m. - 6:30 p.m.
73446	1/8	W	6:20 p.m. - 6:50 p.m.

Reminder



In parent assisted classes, only one adult may be in the pool with a child. Observation is not allowed on deck for an additional adult.

Pre-School

Ages 3-5: Basic water adjustment continues, but simple water skills are now emphasized. Infants and children who are not toilet trained must wear a swim diaper and separate rubber or vinyl pants. An adult must accompany each student in the water. Courses meet for six 30-minute sessions. Class size is limited to 10 students.

6 Sessions \$58

Germantown Indoor Swim Center

73284	1/4	Sa	11:05 a.m. - 11:35 a.m.
73285	1/4	Sa	1:05 p.m. - 1:35 p.m.
73286	1/5	Su	9:55 a.m. - 10:25 a.m.
73287	1/5	Su	11:15 a.m. - 11:45 a.m.
73288	1/8	W	5:30 p.m. - 6 p.m.

Kennedy Shriver Aquatic Center

73571	1/4	Sa	11 a.m. - 11:30 a.m.
73572	1/4	Sa	1 p.m. - 1:30 p.m.
73573	1/5	Su	10:20 a.m. - 10:50 a.m.
73574	1/5	Su	1 p.m. - 1:30 p.m.
73575	1/7	Tu	10:30 a.m. - 11 a.m.
73576	1/7	Tu	3:30 p.m. - 4 p.m.
73577	1/7	Tu	6:10 p.m. - 6:40 p.m.
73578	1/9	Th	9:30 a.m. - 10 a.m.

Martin Luther King Jr. Swim Center

73344	1/5	Su	Noon - 12:30 p.m.
73342	1/6	M	6:30 p.m. - 7 p.m.
73343	1/8	W	6:30 p.m. - 7 p.m.

Olney Swim Center

73370	1/4	Sa	9:10 a.m. - 9:40 a.m.
73407	1/5	Su	9:10 a.m. - 9:40 a.m.
73438	1/7	Tu	6:40 p.m. - 7:10 p.m.
73445	1/8	W	5:40 p.m. - 6:10 p.m.
73455	1/9	Th	6 p.m. - 6:30 p.m.

Beginner 1

Ages 4-6: This class is for students who need to learn basic water adjustment skills. Parents do not accompany children. Courses meet for six 30-minute sessions. Class size is limited to five students.

6 Sessions \$67

Germantown Indoor Swim Center

73243	1/4	Sa	9:45 a.m. - 10:15 a.m.
73244	1/4	Sa	10:25 a.m. - 10:55 a.m.
73245	1/4	Sa	11:05 a.m. - 11:35 a.m.
73246	1/4	Sa	11:45 a.m. - 12:15 p.m.
73247	1/4	Sa	12:25 p.m. - 12:55 p.m.
73248	1/4	Sa	1:05 p.m. - 1:35 p.m.
73249	1/5	Su	9:15 a.m. - 9:45 a.m.

75631	1/5	Su	10:35 a.m. - 11:05 a.m.
73250	1/5	Su	9:55 a.m. - 10:25 a.m.
73251	1/5	Su	10:35 a.m. - 11:05 a.m.
73258	1/6	M	5:30 p.m. - 6 p.m.
73252	1/7	Tu,Th	5 p.m. - 5:30 p.m.
73253	1/7	Tu,Th	5:40 p.m. - 6:10 p.m.
73254	1/7	Tu,Th	6:20 p.m. - 6:50 p.m.
73259	1/8	W	5:30 p.m. - 6 p.m.
73255	2/4	Tu,Th	5 p.m. - 5:30 p.m.
73257	2/4	Tu,Th	5:40 p.m. - 6:10 p.m.
73256	2/4	Tu,Th	6:20 p.m. - 6:50 p.m.

Kennedy Shriver Aquatic Center

73522	1/4	Sa	9:40 a.m. - 10:10 a.m.
73523	1/4	Sa	10:20 a.m. - 10:50 a.m.
73524	1/4	Sa	1 p.m. - 1:30 p.m.
73525	1/5	Su	9 a.m. - 9:30 a.m.
73526	1/5	Su	10:20 a.m. - 10:50 a.m.
73527	1/5	Su	12:20 p.m. - 12:50 p.m.
73528	1/5	Su	1 p.m. - 1:30 p.m.
73529	1/6	M	10 a.m. - 10:30 a.m.
73530	1/6	M	6:10 p.m. - 6:40 p.m.
73531	1/7	Tu	4:50 p.m. - 5:20 p.m.
73532	1/7	Tu	6:10 p.m. - 6:40 p.m.
73533	1/9	Th	10:30 a.m. - 11 a.m.
73534	1/9	Th	3:30 p.m. - 4 p.m.
73535	1/9	Th	5:30 p.m. - 6 p.m.

Martin Luther King Jr. Swim Center

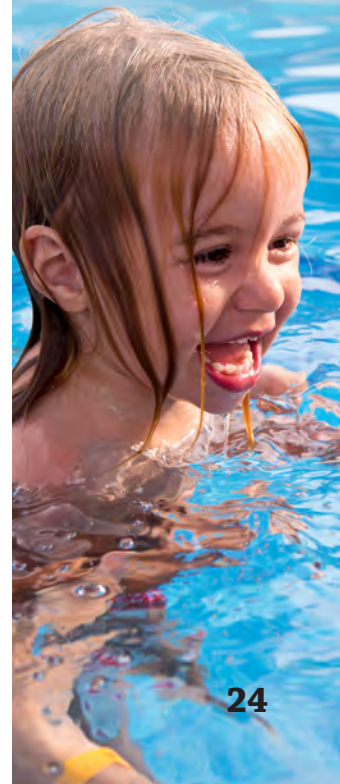
73327	1/5	Su	10 a.m. - 10:30 a.m.
73328	1/5	Su	10:40 a.m. - 11:10 a.m.
73329	1/5	Su	11:20 a.m. - 11:50 a.m.
73320	1/6	M	5:10 p.m. - 5:40 p.m.
73321	1/7	Tu	5:30 p.m. - 6 p.m.
73322	1/7	Tu	6:10 p.m. - 6:40 p.m.
73323	1/8	W	5:50 p.m. - 6:20 p.m.
73324	1/8	W	6:30 p.m. - 7 p.m.
73325	1/9	Th	5:30 p.m. - 6 p.m.
73326	1/9	Th	6:50 p.m. - 7:20 p.m.
75671	1/9	Th	7:30 p.m. - 8 p.m.

Olney Swim Center

73367	1/4	Sa	9:10 a.m. - 9:40 a.m.
73373	1/4	Sa	9:50 a.m. - 10:20 a.m.
73377	1/4	Sa	10:30 a.m. - 11 a.m.
73382	1/4	Sa	11:10 a.m. - 11:40 a.m.
73387	1/4	Sa	11:50 a.m. - 12:20 p.m.
73393	1/4	Sa	12:30 p.m. - 1 p.m.
73399	1/4	Sa	1:10 p.m. - 1:40 p.m.
73404	1/5	Su	9:10 a.m. - 9:40 a.m.
73410	1/5	Su	9:50 a.m. - 10:20 a.m.
73414	1/5	Su	10:30 a.m. - 11 a.m.
73420	1/5	Su	11:10 a.m. - 11:40 a.m.
73424	1/6	M	5:40 p.m. - 6:10 p.m.
73427	1/6	M	6:20 p.m. - 6:50 p.m.
73430	1/6	M	7 p.m. - 7:30 p.m.
73433	1/7	Tu	5:20 p.m. - 5:50 p.m.
73443	1/8	W	5:40 p.m. - 6:10 p.m.
73447	1/8	W	6:20 p.m. - 6:50 p.m.
73454	1/9	Th	6 p.m. - 6:30 p.m.
73456	1/9	Th	6:40 p.m. - 7:10 p.m.



SWIM LESSONS





SWIM LESSONS

Beginner 2

Ages 4-6: Parents do not accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Courses meet for six 30-minute sessions. Class size is limited to six students.

6 Sessions \$65

Germantown Indoor Swim Center

73260	1/4	Sa	9:45 a.m. - 10:15 a.m.
73261	1/4	Sa	10:25 a.m. - 10:55 a.m.
73262	1/4	Sa	11:45 a.m. - 12:15 p.m.
73263	1/4	Sa	12:25 p.m. - 12:55 p.m.
73264	1/5	Su	9:15 a.m. - 9:45 a.m.
73265	1/5	Su	11:15 a.m. - 11:45 a.m.
73272	1/6	M	6:10 p.m. - 6:40 p.m.
73266	1/7	Tu,Th	5 p.m. - 5:30 p.m.
73268	1/7	Tu,Th	5:40 p.m. - 6:10 p.m.
73267	1/7	Tu,Th	6:20 p.m. - 6:50 p.m.
73273	1/8	W	6:10 p.m. - 6:40 p.m.
73269	2/4	Tu,Th	5 p.m. - 5:30 p.m.
73270	2/4	Tu,Th	5:40 p.m. - 6:10 p.m.
73271	2/4	Tu,Th	6:20 p.m. - 6:50 p.m.

Kennedy Shriver Aquatic Center

73536	1/4	Sa	9 a.m. - 9:30 a.m.
73537	1/4	Sa	9:40 a.m. - 10:10 a.m.
73538	1/4	Sa	11:40 a.m. - 12:10 p.m.
73539	1/4	Sa	12:20 p.m. - 12:50 p.m.
73540	1/5	Su	9:40 a.m. - 10:10 a.m.
73541	1/5	Su	11:40 a.m. - 12:10 p.m.
73542	1/5	Su	12:20 p.m. - 12:50 p.m.
73543	1/6	M	5:30 p.m. - 6 p.m.
73544	1/7	Tu	5:30 p.m. - 6 p.m.
73545	1/8	W	5:30 p.m. - 6 p.m.
73546	1/9	Th	4:10 p.m. - 4:40 p.m.

Martin Luther King Jr. Swim Center

73336	1/5	Su	Noon - 12:30 p.m.
73330	1/6	M	5:10 p.m. - 5:40 p.m.
73331	1/6	M	5:50 p.m. - 6:20 p.m.
73332	1/6	M	6:30 p.m. - 7 p.m.
73333	1/7	Tu	5:30 p.m. - 6 p.m.
73334	1/8	W	5:50 p.m. - 6:20 p.m.
73335	1/9	Th	6:10 p.m. - 6:40 p.m.
75673	1/9	Th	7:30 p.m. - 8 p.m.

Olney Swim Center

73368	1/4	Sa	9:10 a.m. - 9:40 a.m.
73374	1/4	Sa	9:50 a.m. - 10:20 a.m.
73383	1/4	Sa	11:10 a.m. - 11:40 a.m.
73388	1/4	Sa	11:50 a.m. - 12:20 p.m.
73394	1/4	Sa	12:30 p.m. - 1 p.m.
73400	1/4	Sa	1:10 p.m. - 1:40 p.m.
73405	1/5	Su	9:10 a.m. - 9:40 a.m.
73411	1/5	Su	9:50 a.m. - 10:20 a.m.
73415	1/5	Su	10:30 a.m. - 11 a.m.
73421	1/5	Su	11:10 a.m. - 11:40 a.m.
73425	1/6	M	5:40 p.m. - 6:10 p.m.
73428	1/6	M	6:20 p.m. - 6:50 p.m.
73436	1/7	Tu	6 p.m. - 6:30 p.m.
73437	1/7	Tu	6:40 p.m. - 7:10 p.m.
73444	1/8	W	5:40 p.m. - 6:10 p.m.
73449	1/8	W	7 p.m. - 7:30 p.m.
73452	1/9	Th	5:20 p.m. - 5:50 p.m.

Beginner 3

Ages 4-6: Parents do not accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of five yards. Courses meet for six 30-minute sessions. Class size is limited to six students.

6 Sessions \$65

Germantown Indoor Swim Center

73274	1/4	Sa	9:45 a.m. - 10:15 a.m.
73275	1/4	Sa	10:25 a.m. - 10:55 a.m.
73276	1/5	Su	10:35 a.m. - 11:05 a.m.
73281	1/6	M	5:30 p.m. - 6 p.m.
73278	1/7	Tu,Th	5 p.m. - 5:30 p.m.
73277	1/7	Tu,Th	5:40 p.m. - 6:10 p.m.
73280	2/4	Tu,Th	5 p.m. - 5:30 p.m.
73279	2/4	Tu,Th	5:40 p.m. - 6:10 p.m.

Kennedy Shriver Aquatic Center

73547	1/4	Sa	9 a.m. - 9:30 a.m.
73548	1/4	Sa	11 a.m. - 11:30 a.m.
73549	1/4	Sa	11:40 a.m. - 12:10 p.m.
73550	1/4	Sa	1 p.m. - 1:30 p.m.
73551	1/5	Su	9 a.m. - 9:30 a.m.
73552	1/5	Su	9:40 a.m. - 10:10 a.m.
73553	1/5	Su	11 a.m. - 11:30 a.m.
73554	1/7	Tu	4:10 p.m. - 4:40 p.m.
73555	1/8	W	5:30 p.m. - 6 p.m.
73556	1/9	Th	4:50 p.m. - 5:20 p.m.
73557	1/9	Th	6:10 p.m. - 6:40 p.m.

Martin Luther King Jr. Swim Center

73339	1/5	Su	11:20 a.m. - 11:50 a.m.
73337	1/7	Tu	6:50 p.m. - 7:20 p.m.
73338	1/8	W	5:10 p.m. - 5:40 p.m.

Olney Swim Center

73369	1/4	Sa	9:10 a.m. - 9:40 a.m.
73375	1/4	Sa	9:50 a.m. - 10:20 a.m.
73378	1/4	Sa	10:30 a.m. - 11 a.m.
73389	1/4	Sa	11:50 a.m. - 12:20 p.m.
73412	1/5	Su	9:50 a.m. - 10:20 a.m.
73416	1/5	Su	10:30 a.m. - 11 a.m.
73431	1/6	M	7 p.m. - 7:30 p.m.
73450	1/8	W	7 p.m. - 7:30 p.m.

Beginner 4

Ages 4-6: Parents do not accompany children. This class is for students who can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for five yards and are comfortable in deep water. Courses meet for six 30-minute sessions. Class size is limited to six students.

6 Sessions \$65

Germantown Indoor Swim Center

73282	1/4	Sa	11:05 a.m. - 11:35 a.m.
73283	1/5	Su	10:35 a.m. - 11:05 a.m.

Kennedy Shriver Aquatic Center

73558	1/4	Sa	11 a.m. - 11:30 a.m.
73559	1/4	Sa	12:20 p.m. - 12:50 p.m.
73560	1/5	Su	10:20 a.m. - 10:50 a.m.
73561	1/5	Su	11 a.m. - 11:30 a.m.
73562	1/5	Su	11:40 a.m. - 12:10 p.m.
73563	1/5	Su	1 p.m. - 1:30 p.m.
73564	1/6	M	5:30 p.m. - 6 p.m.
73565	1/8	W	6:10 p.m. - 6:40 p.m.
73566	1/9	Th	6:10 p.m. - 6:40 p.m.

Martin Luther King Jr. Swim Center

73341	1/5	Su	10 a.m. - 10:30 a.m.
73340	1/9	Th	6:50 p.m. - 7:20 p.m.

Olney Swim Center

73390	1/4	Sa	11:50 a.m. - 12:20 p.m.
73406	1/5	Su	9:10 a.m. - 9:40 a.m.

Youth Level 1

Ages 7-13: This class is for students who need to learn basic water adjustment skills. Courses meet for six 30-minute sessions. Class size is limited to eight students.

Sessions 6 \$60

Germantown Indoor Swim Center

73291	1/4	Sa	9:45 a.m. - 10:15 a.m.
73292	1/4	Sa	1:05 p.m. - 1:35 p.m.
73293	1/5	Su	9:55 a.m. - 10:25 a.m.
73297	1/6	M	6:10 p.m. - 6:40 p.m.
73294	1/7	Tu,Th	6:20 p.m. - 6:50 p.m.
73295	2/4	Tu,Th	6:20 p.m. - 6:50 p.m.

Kennedy Shriver Aquatic Center

73585	1/4	Sa	10:20 a.m. - 10:50 a.m.
73586	1/4	Sa	1 p.m. - 1:30 p.m.
73587	1/5	Su	9:40 a.m. - 10:10 a.m.
73588	1/6	M	6:10 p.m. - 6:40 p.m.

Martin Luther King Jr. Swim Center

73349	1/5	Su	10 a.m. - 10:30 a.m.
73347	1/7	Tu	6:50 p.m. - 7:20 p.m.
75038	1/7	Tu,Th	7:30 p.m. - 8 p.m.
73348	1/9	Th	6:10 p.m. - 6:40 p.m.

Olney Swim Center

73380	1/4	Sa	10:30 a.m. - 11 a.m.
73401	1/4	Sa	1:10 p.m. - 1:40 p.m.
73403	1/5	Su	8:30 a.m. - 9 a.m.
73426	1/6	M	5:40 p.m. - 6:10 p.m.
73429	1/6	M	6:20 p.m. - 6:50 p.m.
73448	1/8	W	6:20 p.m. - 6:50 p.m.
73451	1/8	W	7 p.m. - 7:30 p.m.
73453	1/9	Th	5:20 p.m. - 5:50 p.m.

Youth Level 2

Ages 7-13: This class is for students who are already water adjusted. Students must be able to submerge for three seconds and float on their front and back. Courses meet for six 30-minute sessions. Class size is limited to eight students.

Sessions 6 \$60

Germantown Indoor Swim Center

73298	1/4	Sa	12:25 p.m. - 12:55 p.m.
73299	1/4	Sa	1:05 p.m. - 1:35 p.m.
73300	1/5	Su	11:15 a.m. - 11:45 a.m.
73301	1/8	W	5:30 p.m. - 6 p.m.

Kennedy Shriver Aquatic Center

73589	1/4	Sa	12:20 p.m. - 12:50 p.m.
73590	1/5	Su	11:40 a.m. - 12:10 p.m.
73591	1/5	Su	12:20 p.m. - 12:50 p.m.
73592	1/7	Tu	5:30 p.m. - 6 p.m.

Martin Luther King Jr. Swim Center

73352	1/5	Su	11:20 a.m. - 11:50 a.m.
73353	1/5	Su	Noon - 12:30 p.m.
73350	1/7	Tu	6:10 p.m. - 6:40 p.m.
73354	1/9	Th	5:30 p.m. - 6 p.m.
73355	1/9	Th	8:20 p.m. - 8:50 p.m.

Olney Swim Center

73371	1/4	Sa	9:10 a.m. - 9:40 a.m.
73376	1/4	Sa	9:50 a.m. - 10:20 a.m.
73381	1/4	Sa	10:30 a.m. - 11 a.m.
73408	1/5	Su	9:10 a.m. - 9:40 a.m.
73432	1/6	M	7 p.m. - 7:30 p.m.
73457	1/9	Th	6:40 p.m. - 7:10 p.m.

**SWIM LESSONS**



SWIM LESSONS

Youth Level 3

Ages 7-13: This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of five yards. Courses meet for six 30-minute sessions. Class size is limited to 10 students.

Sessions 6 \$58

Germantown Indoor Swim Center

73302	1/4	Sa	11:05 a.m. - 11:35 a.m.
73303	1/5	Su	11:15 a.m. - 11:45 a.m.
73304	1/8	W	6:10 p.m. - 6:40 p.m.
75073	1/4	Sa	1:05 p.m. - 1:35 p.m.

Kennedy Shriver Aquatic Center

73593	1/4	Sa	9:40 a.m. - 10:10 a.m.
73594	1/4	Sa	11 a.m. - 11:30 a.m.
73595	1/4	Sa	11:40 a.m. - 12:10 p.m.
73596	1/5	Su	10:20 a.m. - 10:50 a.m.
73597	1/5	Su	11 a.m. - 11:30 a.m.

Martin Luther King Jr. Swim Center

75085	1/5	Su	10 a.m. - 10:30 a.m.
73359	1/5	Su	10:40 a.m. - 11:10 a.m.
75084	1/5	Su	11:20 a.m. - 11:50 a.m.
75085	1/5	Su	10 a.m. - 10:30 a.m.
73358	1/9	Th	8:20 p.m. - 8:50 p.m.

Olney Swim Center

73385	1/4	Sa	11:10 a.m. - 11:40 a.m.
73413	1/5	Su	9:50 a.m. - 10:20 a.m.
73459	1/9	Th	7:20 p.m. - 7:50 p.m.

Youth Level 4

Ages 7-13: This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Courses meet for six 30-minute sessions. Class size is limited to 10 students.

6 Sessions \$58

Germantown Indoor Swim Center

75074	1/4	Sa	11:45 a.m. - 12:15 p.m.
73305	1/4	Sa	12:25 p.m. - 12:55 p.m.
73306	1/5	Su	9:55 a.m. - 10:25 a.m.

Kennedy Shriver Aquatic Center

73598	1/4	Sa	11:40 a.m. - 12:10 p.m.
73599	1/5	Su	11 a.m. - 11:30 a.m.
73600	1/5	Su	12:20 p.m. - 12:50 p.m.
73601	1/5	Su	1 p.m. - 1:30 p.m.

Martin Luther King Jr. Swim Center

73361	1/5	Su	10:40 a.m. - 11:10 a.m.
73362	1/5	Su	Noon - 12:30 p.m.

Olney Swim Center

73386	1/4	Sa	11:10 a.m. - 11:40 a.m.
73391	1/4	Sa	11:50 a.m. - 12:20 p.m.
73396	1/4	Sa	12:30 p.m. - 1 p.m.
73418	1/5	Su	10:30 a.m. - 11 a.m.

Youth Advanced

Ages 7-13: This class is for students who can swim one length of front and back crawl, tread water and swim in deep water. Course is designed to refine front and back crawl as well as introduce breast stroke and butterfly. Swimmers will be divided into subgroups by skill level at the first class. Courses meet for six 40 minute sessions. Group size is limited to 10 students per instructor.

6 Sessions \$77

Germantown Indoor Swim Center

74612	GISC	1/4	Sa	9:45 a.m. - 10:25 a.m.
74613	GISC	1/4	Sa	10:25 a.m. - 11:05 a.m.
74614	GISC	1/4	Sa	11:05 a.m. - 11:45 a.m.

Kennedy Shriver Aquatic Center

74609	KSAC	1/4	Sa	10:20 a.m. - 11 a.m.
74610	KSAC	1/4	Sa	11 a.m. - 11:40 a.m.
74611	KSAC	1/4	Sa	11:40 a.m. - 12:20 p.m.

Four Ways to Register

1. ONLINE

Register 24 hours a day, seven days a week for all activities at www.ActiveMONTGOMERY.org.

2. BY MAIL

Fill out and sign the registration form and mail it to: ActiveMONTGOMERY, 4010 Randolph Rd., Silver Spring, MD 20902

3. VIA FAX

If paying by credit card, you may fax your completed, signed registration form to 240-777-6818.

4. IN PERSON

Stop by any Montgomery County Recreation location, including our Headquarters at 4010 Randolph Road, Silver Spring, MD 20902 (M-F, 9:30 a.m.-4 p.m.).

Martin Luther King Jr. Swim Center

74606	MLK	1/5	Su	11:30 a.m. - 12:10 p.m.
74607	MLK	1/5	Su	12:10 p.m. - 12:50 p.m.
74608	MLK	1/9	Th	7:30 p.m. - 8:10 p.m.

Olney Swim Center

74603	OSC	1/5	Su	11:30 a.m. - 12:10 p.m.
74604	OSC	1/5	Su	12:10 p.m. - 12:50 p.m.
74605	OSC	1/7	Tu	7:20 p.m. - 8 p.m.

Adult Level 1

Ages 14 & Up: This class is designed for those students who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Course meet for six 30 minute sessions. Class size is limited to 6 students.

6 Sessions **\$67**

Germantown Indoor Swim Center

73230	1/4	Sa	11:05 a.m. - 11:35 a.m.
73232	1/5	Su	9:55 a.m. - 10:25 a.m.
73231	1/6	M	5:30 p.m. - 6 p.m.

Kennedy Shriver Aquatic Center

73505	1/4	Sa	11 a.m. - 11:30 a.m.
73506	1/5	Su	10:20 a.m. - 10:50 a.m.
73507	1/9	Th	8:30 p.m. - 9 p.m.

Martin Luther King Jr. Swim Center

73312	1/5	Su	Noon - 12:30 p.m.
73311	1/9	Th	9 p.m. - 9:30 p.m.

Olney Swim Center

73458	1/9	Th	7:20 p.m. - 7:50 p.m.
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Adult Level 2

Ages 14 & Up: Designed for teenagers and adults who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Courses meet for six 30 minute sessions. Class size is limited to 10 students.

6 Sessions **\$65**

Germantown Indoor Swim Center

73233	1/4	Sa	10:25 a.m. - 10:55 a.m.
73234	1/5	Su	9:15 a.m. - 9:45 a.m.
73235	1/6	M	6:10 p.m. - 6:40 p.m.

Kennedy Shriver Aquatic Center

73508	1/4	Sa	10:20 a.m. - 10:50 a.m.
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Martin Luther King Jr. Swim Center

73314	1/5	Su	10:40 a.m. - 11:10 a.m.
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Olney Swim Center

73397	1/4	Sa	1:10 p.m. - 1:40 p.m.
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Adult Level 3

Ages 14 & Up: Designed for teenagers and adults who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of five yards. Courses meet for six 30-minute sessions. Class size is limited to six students.

6 Sessions **\$65**

Germantown Indoor Swim Center

73236	1/4	Sa	9:45 a.m. - 10:15 a.m.
73237	1/5	Su	11:15 p.m. - 11:45 p.m.

Kennedy Shriver Aquatic Center

73509	1/4	Sa	9:40 a.m. - 10:10 a.m.
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Adult Level 4

Ages 14 & Up: Designed for teenagers and adults who can already swim a coordinated front and back crawls for 15 yards (width of the pool) and are comfortable in deep water. Courses meet for six 30-minute sessions. Class size is limited to 10 students.

6 Sessions **\$65**

Germantown Indoor Swim Center

73238	1/4	Sa	11:45 a.m. - 12:15 p.m.
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Kennedy Shriver Aquatic Center

73510	1/5	Su	11:40 a.m. - 12:10 p.m.
73511	1/7	Tu	8:30 p.m. - 9 p.m.

Martin Luther King Jr. Swim Center

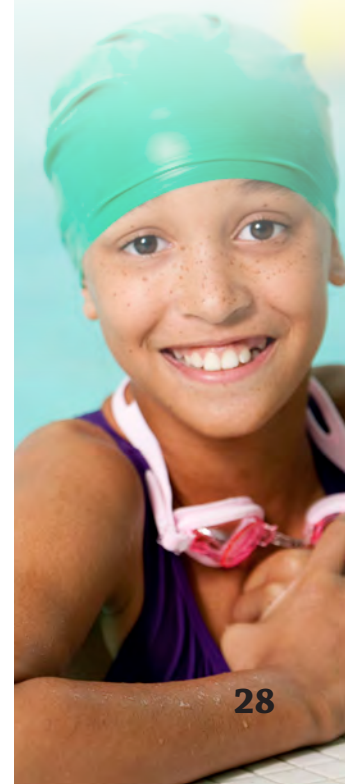
73316	1/9	Th	9 p.m. - 9:30 p.m.
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Olney Swim Center

73460	1/9	Th	8 p.m. - 8:30 p.m.
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SWIM LESSONS





SWIM LESSONS

Adult Level 5

Ages 14 & Up: Designed for teenagers and adults who can already swim one length front and back crawls, 15 yards elementary backstroke with good form, tread water, and dive into deep water. Courses meet for six 30 minute sessions. Class size is limited to 10 students.

6 Sessions **\$65**

Kennedy Shriver Aquatic Center

73512 1/8 W 8:30 p.m. - 9 p.m.

Adult Swim for Conditioning

Ages 14 & Up: Designed for teenagers and adults who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Courses meet for six 30 minute sessions. Class size is limited to 10 students.

6 Sessions **\$65**

Kennedy Shriver Aquatic Center

73513 1/6 M 8:30 p.m. - 9 p.m.

THERAPEUTIC RECREATION

Adapted Aquatics Swim Clinic

Ages 14 & Up: This class is designed for individuals with disabilities interested in competing in swim meets, such as Special Olympics. This is not a learn how to swim class, but instructors will work on stroke development, turns and overall swimming improvement. Swimmers must be able to swim one length of the pool without stopping or assistance.

8 Sessions **\$90**

Kennedy Shriver Aquatic Center

74758 1/4 Sa 11:15 a.m. - 12:15 p.m.

Adapted Aquatics Lesson - Level 1

Ages 18 and up: This is a learn-to-swim program for those individuals with physical and developmental disabilities. This success-oriented program targets individuals who do not currently meet the prerequisites for participating in an inclusive environment. The program is designed to develop basic swim skills in a structured setting under the guidance of an instructor with the support of a family member or caregiver in the water with the student. Participants MUST be accompanied in the water by a caregiver and in arms reach at all times.

6 Sessions **\$65**

73606 KSAC 1/6 M 10:45 a.m. - 11:15 a.m.

Adapted Aquatics Lesson - Volunteer Assisted

Ages 4-17: This is a learn-to-swim program for children who have special needs. These classes are taught in a small group environment. Each child will have an assigned volunteer at all times. All participants must fill out and sign the information and release form at the first class. Students are allowed to register for only one (1) class per session. Class size is limited to 8 students.

6 Sessions **\$65**

73607 KSAC 1/4 Sa 9:45 a.m.-10:15 a.m.
73608 KSAC 1/4 Sa 10:35 a.m.-11:05 a.m.

Water Exercise - Adaptive

Ages 14 & Up: This course is designed for individuals with physical and developmental disabilities. Participant will have the opportunity to enjoy exercise in the water. Workout includes using balls and noodles to encourage movement and exercise. Emphasis is on fun and improving your cardiovascular conditioning. Participants must be accompanied in the water by a caregiver and in arms reach at all times.

9 Sessions **\$104**

Instructor : H2O Fitness

75632 MLK 1/5 S 4 p.m.-4:50 p.m.

10 Sessions **\$115**

Instructor: Wellness Network

75633 GISC 1/8 W 11:30 a.m.-12:20 p.m.



Classes **CLASSES**



**Classes Will Not Meet On
September 30, October 9, November 11,
and November 28-December 1***

**Does not apply to Aquatic activities*



ARTS & CRAFTS

ARTS

Acrylic Painting Techniques

Ages 14 & Up: Discover a step-by-step approach that makes acrylics resemble the lush look of oils. Bring several pictures of what you would like to paint. All ability levels welcome. Material fee included in price.

8 Sessions \$152

Instructor: Margaret Deskin

73769 Bauer Dr. CRC 1/18 Sa 10:30 a.m.-12:30 p.m.

Adventures in Art

Ages 5-10: Create exciting works of art using several different techniques and media with emphasis on drawing, painting and composition. Material fee included in price.

8 Sessions \$88

Instructor: Tatiana Martin

72360 Longwood CRC 1/18 Sa 10:15 a.m.-11:15 a.m.

Art Studio

Ages 10-17: In this dynamic class students will gain and reinforce creative skills and produce high-quality art work with special attention to composition, perspective and color application. Material fee included in price.

8 Sessions \$88

Instructor: Tatiana Martin

72361 Longwood CRC 1/18 Sa 11:30 a.m.-12:30 p.m.

Draw and Clay-Ocean Life

Ages 4-10: In this session we will explore ocean life, including the arctic regions and the great barrier reef. We will talk about scientific and environmental facts. We will draw, paint and sculpt in clay. Material fee included in price.

8 Sessions \$127

Instructor: Yolanda Prinsloo

73157 Germantown CRC 1/14 Tu 5:15 p.m. - 6:15 p.m.

73158 Bauer Dr. CRC 1/15 W 5:40 p.m. - 6:40 p.m.

Drawing with Young Rembrandts

Ages 5-11: Young Rembrandts students will flex their creative muscle as they take on artistic challenges like our Winter Birdhouses and Sporty Snowboarder lesson. Students will master perspective and personality as they complete a challenging Palm Tree Scene, cute Penguins and their own version of Grant Wood's American Gothic.

6 Sessions \$90

Instructor: Young Rembrandts

72804 Glenallan ES 1/13 M 6 p.m.-7 p.m.

72805 Damascus CRC 1/14 Tu 6 p.m.-7 p.m.

72806 Germantown CRC 1/15 W 6 p.m.-7 p.m.

72807 Bauer Dr. CRC 1/16 Th 6 p.m.-7 p.m.

Learning Art from the Masters

Ages 7-15: In this session we will learn about five women who have influenced the art world. We will emulate their artistic styles in drawings, paintings and sculptures. Material fee included in price.

8 Sessions \$127

Instructor: Yolanda Prinsloo

73159 Germantown CRC 1/14 Tu 6:30 p.m.-7:30 p.m.

Mini Doodlers: Tell Me a Story

Ages 3-5: Using Model Magic, participants will create their own storyteller dolls that reflect the tradition of passing down stories. Participants will learn about Patrick Benson, the award-winning illustrator of "Owl Babies" as they create their own soft owl babies. Also featured are Lisa Kowalski's colors, dabs and doodles, and beautiful indigo cloth designs. Artwork will take on a three-dimensional effect with shapes that pop off the page and use architectural design. Material fee included in the price.

10 Sessions \$160

Instructor: Nancy Delasos

72292 Clara Barton NRC 1/13 M 11 a.m.-11:45 a.m.

72293 Lawton CRC 1/14 Tu 9:30 a.m.-10:15 a.m.

Instructor: Stephanie Burke

75057 Wheaton CRC 1/18 Sa 12:30 p.m.-1:15 p.m.

ARTS & CRAFTS



Twoosy Doodlers: My First Art Class

Ages 1y 8m-3: This "My First" series introduces new art experiences to our Twoosy Doodlers. The focus is on exploration. This special series of "My Firsts" includes sculpture, printing, finger painting, wax resist with oil pastels, monoprinting, repetition and rubbings. The activities are designed to provide opportunities for our Twoosys to touch, feel, hear, see and explore while building fine motor skills, language, creativity and cognitive skills.

10 Sessions \$160

Instructor: Stephanie Burke

72149 Coffield CRC 1/14 Tu 10:15 a.m.-11 a.m.

72150 Mid-County CRC 1/15 W 11:15 a.m.-12 p.m.

72151 White Oak CRC 1/16 Th 11 a.m.-11:45 a.m.

Instructor: Nancy Delasos

72295 N. Potomac CRC 1/14 Tu 4:30 p.m.-5:15 p.m.

72294 Potomac CRC 1/17 F 9:30 a.m.-10:15 a.m.

CRAFTS

It's a Stitch

Ages 18 & Up: Craft projects and garments as you learn sewing terms, pattern layout, cutting out fabric, hemming, making a slit and measuring. Students must bring their own sewing machine. Supply list will be on your receipt. All ability levels welcome. Material fee included in price.

4 Sessions \$145

Instructor: Nora Elias

73487 Lawton CRC 1/16 Th 10:30 a.m.-1:30 p.m.

73488 Lawton CRC 2/20 Th 10:30 a.m.-1:30 p.m.

6 Sessions \$145

73489 Holiday Park SC 1/17 F 10:30 a.m.-12:30 p.m.

73492 Bauer Dr. CRC 1/18 Sa 1:30 p.m.-3:30 p.m.

Kids Sew and Tell

Ages 9 -16: Learn how to make your own projects and garments. This class will teach you sewing terms and skills like pattern layout, cutting out fabric, hem, making a slit and measuring, just to name a few. Students must bring their own sewing machine. A supply list will be on your receipt. All ability levels welcome. Material fee included in price.

6 Sessions \$145

Instructor: Nora Elias

73491 Bauer Dr. CRC 1/18 Sa 11:15 a.m.-1:15 p.m.

FINE ARTS

Beginner Right Brained Drawing

Ages 13 & Up: Unhinge preconceptions and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create. Material fee included in price.

7 Sessions \$110

Instructor: Yolanda Prinsloo

73155 Potomac CRC 1/13 M 5:15 p.m.-7 p.m.

Advanced Right Brained Drawing

Ages 13 & Up: Build on your knowledge and skills in drawing, and explore new techniques in pencil, colored pencil, pastel or watercolor. For students with drawing experience. Material fee included in price.

7 Sessions \$120

Instructor: Yolanda Prinsloo

73156 Potomac CRC 1/13 M 7:15 p.m.-9 p.m.

Drawing Seascapes With Kritt

Ages 18 & Up: All levels. It's easy to draw waves and the rocks they crash on. Maybe add some palm trees, beach grass and sand dunes. We'll work from photos. Grab your pencil and let's get started!

4 Sessions \$75

Instructor: Penny Kritt

73493 Kritt Studio 1/13 M 10 a.m.-12 p.m.

73494 Kritt Studio 1/13 M 7 p.m.-9 p.m.

Oil or Acrylic Painting-Open Studio

Ages 18 & Up: Students can paint with oil or acrylics. Instructor available for demonstrations and assistance. Intermediate level and above.

7 Sessions \$84

Instructor: Karen Helfert

72910 Lawton CRC 1/13 M 1 p.m.-4 p.m.

9 Sessions \$108

Instructor: Karen Helfert

72911 Lawton CRC 1/14 Tu 1 p.m.-4 p.m.

Painting Landscapes With Kritt

Ages 18 & Up: Simple steps make mountains and skies that are blue or stormy. Add a forest and a waterfall. Want a quiet pond or raging river? You've just created a great landscape! You can do it all.

6 Sessions \$105

Instructor: Penny Kritt

73495 Kritt Studio 1/14 Tu 10 a.m.-12 p.m.

73496 Kritt Studio 1/14 Tu 7 p.m.-9 p.m.



ARTS & CRAFTS





Painting Waterfalls and Rocks With Kritt Workshop

Ages 18 & Up: Watercolor and Acrylic: It's easy to add drama and movement to your landscapes with waterfalls and rippling brooks. Then put in boulders and rocks for some extra splash!

1 Session \$55

Instructor: Penny Kritt

73747 Kritt Studio 3/7 Sa 10 a.m.-3 p.m.

69399 Kritt Studio 1/4 M 7:00p.m.-9 p.m.

JEWELRY

Advanced Beading

Ages 15 & Up: Learn to work with multi strand beading techniques that use advanced skills to create designer jewelry. You will complete earrings and a necklace by the end of class. Bring a basic tool kit of flat nose pliers, round nose pliers and wire cutters. Material fee included in the price.

1 Session \$56

Instructor: Renee Prioleau

73716 Wisconsin Pl. CRC 3/7 Sa 10 a.m.-12 p.m.

Metal Jewelry Design

Ages 15 & Up: Learn to make jewelry using metals and wire techniques. Students will design and create a trendy modern pair of earrings and a necklace. Bring a basic tool kit of flat nose pliers, round nose pliers and wire cutters. Material fee included in the price.

1 Session \$56

Instructor: Renee Prioleau

73717 Wisconsin Pl. CRC 3/7 Sa 12 p.m.-2 p.m.

PERFORMING ARTS

Playwriting: Write Together Play Together

Ages 9 - 12: Students will develop fundamental skills in improvisation, playwriting and performance techniques. Students collaborate not only in the writing of the play, but also in choosing or creating the costumes, props and set pieces necessary for their original production. At the end of each session, students will perform in a showcase featuring their original scene for parents and family!

8 Session \$160

Instructor: Olney Theater

72408 Potomac CRC 1/18 Sa 10 a.m.-11:20 a.m.

PHOTOGRAPHY

Intro to Digital Photography

Ages 16 & Up: Delve into DSLR basics and achieve your photographic vision by learning what goes into making a great image. Learn about your cameras functions, composition and lighting in order to best capture your desired outcome. Must bring your own DSLR camera.

4 Sessions \$125

Instructor: Haneine Ramadan

73741 N. Potomac CRC 9/11 W 7 p.m.-8:15 p.m.

CERAMICS

Ceramics Introductory Wheel

Ages 16 & Up: In this beginners ceramics class students will learn clay preparation, throwing techniques, firing and glazing. Material fee included in price.

8 Sessions \$230

Instructor: Robin Ziek

73714 Ross Boddy NRC 1/18 Sa 10:30 a.m.-1:30 p.m.

7 Sessions \$205

Instructor: Joan Vanderwarde

75659 Wheaton CRC 1/13 M 9:30 a.m.-12:30 p.m.

Handcrafted Pottery

Ages 17 & Up: Develop techniques for hand building pieces of functional and decorative pottery. Practice techniques on the potter's wheel, including centering, and learn about clay, drying, firing and glazing. Bring clay tools and an old towel. Material fee included in price.

8 Sessions \$205

Instructor: Pamela Reid

72912 White Oak CRC 1/14 Tu 6 p.m. - 8:30 p.m.

8 Sessions \$215

Instructor: Margaret Dickerson

74324 Wheaton CRC 1/14 Tu 6 p.m. - 9 p.m.

74325 Wheaton CRC 1/16 Th 9:30 a.m. - 12:30 p.m.

8 Sessions \$230

Instructor: Susan Mapp

72398 Ross Boddy NRC 1/16 Th 6 p.m. - 9 p.m.

8 Sessions \$235

Instructor: Valerie Haber

72906 N. Potomac CRC 1/15 W 6 p.m. - 9 p.m.

9 Sessions \$260

Instructor: Valerie Haber

72905 N. Potomac CRC 1/16 Th 10 a.m.- 1 p.m.

ARTS & CRAFTS



Handcrafted Pottery Open Studio

Ages 16 & Up: Experienced potters can practice hand building, wheel throwing, decorating and glazing techniques. Instructor available for demonstration and assistance. Material fee included in cost. Intermediate and advanced levels.

8 Sessions \$215

Instructor: Margaret Dickerson

75421 Wheaton CRC 1/15 W 9:30 a.m. - 12:30 p.m.

8 Sessions \$230

Instructor: Pamela Reid

72913 White Oak CRC 1/14 Tu 10 a.m. - 2 p.m.

Instructor: Robin Ziek

73715 Ross Boddy NRC 1/14 Tu 6 p.m. - 9 p.m.

74599 Ross Boddy NRC 1/18 Sa 10:30 a.m. - 1:30 p.m.

Instructor: Susan Mapp

72402 Ross Boddy NRC 1/15 W 10:30 a.m. - 1:30 p.m.

9 Sessions \$265

Instructor: Valerie Haber

72811 N. Potomac CRC 1/14 Tu 6 p.m. - 9 p.m.

SEWING

Round Loom Knitting

Ages 13 & Up: Learn a fun and easy new way of making different types of knitted apparel. Winter is here so we'll make hats, scarves or blankets to use or give as gifts.

5 Sessions \$60

Instructor: Mary Kate Griffith

72392 Germantown CRC 1/28 Sa 10 a.m. - 12 p.m.

COOKING

WINE AND DINING

Cook the Book: Kitchen Matters, by Pamela Salzman

Ages 15 & Up: Learn to cook healthy meals that are tasty and satisfying using recipes from "Kitchen Matters" by Pamela Salzman, a certified holistic health counselor. Menu includes a superfood salad, wild salmon in parchment, one-pot barley and melted cabbage, and grain-free chocolate zucchini cake. Material and food fee included in price.

1 Session \$75

Instructor: Sheila Crye

74152 Ross Boddy CRC 2/19 W 6:30 p.m. - 9:30 p.m.

Cooking Techniques: Salad Dressings and What to Dress

Ages 15 & Up: We will make and dine on a salad with unexpected flavors, colors and textures, enrobed with one of a choice of dressings. You will go home with samples of a variety of dressings and recipes. Menu includes an artfully composed salad containing a mixture of colorful ingredients, lemon and olive oil dressing, red wine vinaigrette, egg and anchovy dressing, Bagna Cauda, shallot and sherry vinaigrette, creamy mustard dressing, avocado and herb dressing, citrus zest vinaigrette and bunk house dressing. Material and food fee included in price.

1 Session \$75

Instructor: Sheila Crye

74151 Ross Boddy CRC 1/15 W 6:30 p.m. - 9:30 p.m.

Wine and Dine: Asian Flavors Seafood Dinner

Ages 21 & Up: Learn how to replicate both delicate and assertive Asian dishes in your own kitchen. Two locally available great value wines will complement the flavorful meal. Menu includes Malaysian-style stir-fried turmeric shrimp, stir-fried snow pea shoots with crabmeat, stir-fried chili scallops with baby bok choy, Chinese Indian vegetarian fried rice, and fortune cookies. Material and food fee included in price.

1 Session \$75

Instructor: Sheila Crye

74153 N. Potomac CRC 3/13 F 6:30 p.m. - 9:30 p.m.

YOUTH COOKING

Chopped!

Ages 5 - 12: Never have food challenge reality shows been so popular and "Chopped" is a favorite here at Tiny Chefs! Our version of the beloved TV show, has the added twist of focusing on different cuisines. Each class, the Tiny Chef students will be presented with 3 - 4 secret ingredients, which reflect different cuisines from different countries!

8 Sessions \$245

Instructor: Tiny Chefs

73152 Wheaton CRC 1/18 Sa 10 a.m. - 11:15 a.m.



COOKING





DANCE

Pies, Oh My!

Ages 5 - 12: Children will create their own homemade flaky piecrust, learn about making a roux from scratch, and practice their knife skills by dicing fresh vegetables and chicken (optional) to create one delicious entrée! Children will also make sweet mini fruit pies topped with a homemade sweetened whipped cream!

1 Session \$95

Instructor: Tiny Chefs

73153 Wheaton CRC 2/17 M 9 a.m.- 4 p.m.

The Art Of Cupcakes

Ages 5 - 12: If you have an avid baker at home, the Art of Cupcakes is what they have been waiting for! We will be decorating cupcakes into unique and artful creations all day long!

1 Session \$95

Instructor: Tiny Chefs

73154 Wheaton CRC 1/20 M 9 a.m.- 4 p.m.

Kids Kitchen: Food, Fitness, Fun

Ages 5-15: Participants learn kid-friendly messages about nutrition, physical activity, and good health that are simple, interactive and fun. Participants engage in hands-on cooking/food and fitness activities and prepare delicious recipes from all food groups to develop a healthy lifestyle of eating and exercise. Material fee included in price.

1 Session \$55

Instructor: Kids Kitchen

72263 White Oak CRC 1/18 Sa 10 a.m.-12 p.m.

72264 N. Potomac CRC 2/15 Sa 10 a.m.-12 p.m.

DANCE

BACHATA

Bachata I

Ages 17 & Up: Learning Bachata is essential to becoming a well-rounded Latin dancer. All Latin dance students are encouraged to attend this beginner Bachata course and add this fun, easy dance to your repertoire. All ability levels welcome. No partner required.

8 Sessions \$96

Instructor: Avant Garde Ballroom Dance Center

72385 Avant Garde DC 1/14 Tu 7 p.m.-7:45 p.m.

BALLET

Ballet

Ages 5-11: Young dancers get an introduction to basic ballet movements and terminology. This class is perfect for the dancer that needs fundamental introductory training. Beginner level.

8 Sessions \$88

Instructor: Grace Oleson

72496 Coffield CRC 1/13 M 4:30 p.m.-5:15 p.m.

72497 N. Potomac CRC 1/14 Tu 4:30 p.m.-5:15 p.m.

72498 Germantown CRC 1/15 W 4:30 p.m.-5:15 p.m.

72499 Wheaton CRC 1/16 Th 5:15 p.m.-6 p.m.

Ballet for Adults

Ages 16 & Up: It's never too late to learn to dance, while improving posture and flexibility in a social atmosphere. Students will focus on developing a basic understanding of the foundations of ballet with exercises at the barre, in the center of the floor and moving across the floor. Clothing should be loose and comfortable, no denim. Bare feet or flat ballet shoes recommended. For more information contact Robyn at info@rldancecompany.com.

9 Sessions \$99

Instructor: Robyn Lindsey

73164 Potomac CRC 1/16 Th 7 p.m.-8 p.m.

Contemporary Dance I

Ages 9-12: Learn combinations that include floor work, lyrical movements and techniques that include modern dance, jazz dance and ballet. This class is sure to get you moving to the music.

10 Sessions \$210

Instructor: Bonnie Slawson

73168 Commotion 1/18 Sa 12 p.m.-1 p.m.

Fitness Studio



Creative Combo Dance

Ages 6-12: Students will combine a range of dance forms including modern, ballet and African dance while also learning to dance with flags. Material fee includes personal flag and T-shirt for final class performance.

8 Sessions

\$138

Instructor: Venterprises Inc

74482 Wheaton CRC 1/15 W 4 p.m.-5 p.m.

Fairy Tale Ballet

Fairy Tale Ballet is a unique and creative program catered to the imaginations of children between the ages of 3-6. The class incorporates the fundamentals of proper ballet technique in a fun environment complete with rotating storybooks, costuming and props. Instructors bring each of the storybooks to life through movement, costuming and creative imagination.

10 Sessions

\$220

Instructor: Jennifer Ferrigno

Ages 3-4 1/2:

72797 Wheaton CRC 1/11 Sa 9 a.m.- 9:45 a.m.

72799 Wheaton CRC 1/11 Sa 10:40 a.m.- 11:25 a.m.

72788 N. Potomac CRC 1/11 Sa 9:10 a.m.- 9:55 a.m.

72790 N. Potomac CRC 1/11 Sa 10:50 a.m.- 11:35 a.m.

72793 Lawton CRC 1/11 Sa 9:30 a.m.- 10:15 a.m.

72795 Lawton CRC 1/11 Sa 11:10 a.m.- 11:55 a.m.

Ages 4 1/2-5:

72796 Lawton CRC 1/11 Sa 12 p.m.-12:45 p.m.

Ages 4-5 1/2:

72798 Wheaton CRC 1/11 Sa 9:50 a.m.- 10:35 a.m.

72794 Lawton CRC 1/11 Sa 10:20 a.m.- 11:05 a.m.

72789 N. Potomac CRC 1/11 Sa 10 a.m.- 10:45 a.m.

72791 N. Potomac CRC 1/11 Sa 11:40 a.m.- 12:25 p.m.

Ages 5-6 1/2:

72792 N. Potomac CRC 1/11 Sa 12:30 p.m.-1:15 p.m.

Jazzmatazz Pre-Ballet

Ages 5-7: This introductory class includes creative movement, beginning technical exercises, floor exercise and a performance dance. Dancers should wear leotards, tights and well fitted all leather ballet slippers, in the colors of your choice.

10 Sessions

\$100

Instructor: Betsy Saunders

72353 Long Branch CRC 1/18 Sa 11:15 a.m.- 12 p.m.

Jazzmatazz Preschool Dance

Ages 3-4: This class provides an introduction to dance through creative movement, using a variety of musical styles that children love. Wear leotards, tights, and well-fitted all-leather ballet slippers. No lace tutus and only short dance skirts please. Children must be toilet trained.

10 Sessions

\$100

Instructor: Betsy Saunders

72148 Long Branch CRC 1/18 Sa 10:15 a.m.- 11 a.m.

Kidz Dance

Ages 3-4: Children will love this introduction to ballet dance. Students will explore dance, rhythm and coordination. Parent participation may be required. Ballet slippers are required.

8 Sessions

\$110

Instructor: Grace Oleson

72096 Coffield CRC 1/13 M 3:30 p.m.-4:15 p.m.

72099 N. Potomac CRC 1/14 Tu 3:30 p.m.-4:15 p.m.

72097 Germantown CRC 1/15 W 3:30 p.m.-4:15 p.m.

72098 Wheaton CRC 1/16 Th 4:15 p.m.-5 p.m.

Pre-Ballet

Ages 2-5: This class introduces students to dance, movements and basic ballet techniques and terminology while emphasizing rhythm and coordination. We create a fun environment to motivate toddlers in learning effectively. Classes are taught in French. Ballet slippers are required.

8 Sessions

\$110

Instructor: Sabine Philippe

72451 Dansez! Dansez! 1/22 W 10 a.m.- 10:30 a.m.

Danse! Dance Studio

72452 Dansez! Dansez! 1/23 Th 10 a.m.- 10:30 a.m.

Danse! Dance Studio

BALLROOM

Ballroom I (Couples)

Ages 16 & Up: Beginner Level-Gain the basics for students with no prior level of instruction. Learn proper dance position, how to lead and follow and at least three patterns for waltz, foxtrot, rumba, cha cha and swing. Registration is per student; must have a partner registered in the class to attend.

8 Sessions

\$80

Instructor: Rebecca McKinney

72504 Bethesda ES 1/13 M 7 p.m.-8 p.m.

Instructor: Ann Basso

72348 Wheaton CRC 1/23 Th 7 p.m.-8 p.m.



DANCE





DANCE

Ballroom II (Couples)

Ages 16 & Up: After a brief review of Ballroom dances, build your confidence by learning additional variations of tango and merengue. Instructors emphasize proper dance position and improved pattern execution to perfect each move. Registration is per student; must have a partner registered in the class to attend. Intermediate level; Prerequisite: Ballroom I.

8 Sessions \$80

Instructor: Rebecca McKinney

72505 Bethesda ES 1/13 M 8 p.m.-9 p.m.

Instructor: Ann Basso

72349 Wheaton CRC 1/23 Th 8 p.m.-9 p.m.

10 Sessions \$100

72507 Lawton CRC 1/16 Th 7 p.m.-8 p.m.

Ballroom III (Couples)

Ages 16 & Up: Students further develop a foundation in the dances covered in Ballroom I and II. Classes may specialize in three or four dances per session. Registration is per student and you must have a partner registered in the class to attend. Intermediate and Advanced levels; Prerequisite: Ballroom II or equivalent.

8 Sessions \$88

Instructor: Ann Basso

72351 Coffield CRC 1/21 Tu 7:45 p.m.-8:45 p.m.

Ballroom IV (Couples)

Ages 16 & Up: Students build on their ballroom dance abilities by learning additional patterns in each dance and improving dancing technique and execution. Classes may specialize in three or four dances per session. Registration is per student and you must have a partner registered in the class to attend. Intermediate and Advanced levels. Prerequisite: Ballroom III or equivalent.

8 Sessions \$88

Instructor: Ann Basso

72350 Wheaton CRC 1/23 Th 9 p.m.-10 p.m.

CHEER AND POMS

Poms

Ages 7-12: Are you ready for Poms try outs? We will teach you how to audition as well as teach you the technical skills that you will need to be prepared. Learn how to kick, leap and turn like the poms squads do.

10 Sessions \$210

Instructor: Bonnie Slawson

73170 Commotion 1/18 Sa 12 p.m.-1 p.m.

Fitness Studio

HIP-HOP

Hip-Hop Dance

Ages 5-8: Hit the beat and move to the music with this class that uses urban movement and strong rhythms. Participants will learn how to pop, lock and six-step.

10 Sessions \$210

Instructor: Bonnie Slawson

73169 Commotion 1/16 Th 6 p.m.-7 p.m.

Fitness Studio

Hip-Hop I

Ages 8-12: Learn the hottest moves from South Beach and New York City. We will break down the ABC's of basic break dancing, popping, locking, funk and other unique hip-hop combinations. No dance experience required.

11 Sessions \$132

Instructor: Avant Garde Ballroom Dance Center

72364 Avant Garde 1/11 Sa 2 p.m.-2:45 p.m.

Ballroom Dance Center

Hip-Hop Kids

Ages 5-7: Get ready to pop, lock and rock your body in this action-packed dance program. Learn the latest hip-hop dance moves using old-school tunes and the latest hits. Family and friends will get to see the students showcase their talents on the last day of class in a final performance. All ability levels welcome.

Ages 5-7

7 Sessions \$85

Instructor: Shannon Jones

73712 Plum Gar CRC 1/18 Sa 10 a.m.-10:45 a.m.

Ages 8-11

7 Sessions \$85

Instructor: Shannon Jones

73713 Plum Gar CRC 1/18 Sa 11 a.m.-11:45 a.m.

Pre Hip-Hop

Ages 2-5: This high-energy, fun and upbeat dance class allows your children to move freely, using their own body movement styles. Children participate at their own pace.

8 Sessions \$110

Instructor: Sabine Philippe

72453 Dansez! Dansez! 1/22 W 10:30 a.m.-11 a.m.

Dansez! Dance Studio

72454 Dansez! Dansez! 1/23 Th 10:30 a.m.-11 a.m.

Dansez! Dance Studio



Step Dance for Kids

Ages 7-14: Students will learn how to use your body as an instrument to create complex rhythms and sounds using a combination of hand claps, foot stomps and spoken word while also including other genres of dance such as hip-hop, tap and modern dance.

7 Sessions \$105

Instructor: Craig Perry

73765 Wheaton CRC 1/13 M 6:30 p.m.-7:30 p.m.

9 Sessions \$135

Instructor: Craig Perry

73761 Mid-County CRC 1/16 Th 6:30 p.m.-7:30 p.m.

LATIN

Afro Latin Grooves Dance

Ages 15 & Up: Students will blend the pocket of afro style dancing with the fun found in Latin footwork. Learn body control, musicality and basic steps to your favorite Latin Dances.

7 Sessions \$105

Instructor: Craig Perry

75642 Wheaton CRC 1/13 M 8 p.m.-9 p.m.

9 Sessions \$135

Instructor: Craig Perry

73760 Mid-County CRC 1/16 Th 7:30 p.m.-8:30 p.m.

LINE DANCING

Urban Line Dance

Ages 17 & Up: This class introduces you to the basic patterns and steps for line dancing by a certified line dancing instructor. Start with beginner-level step patterns and gradually progress to intermediate dances with slightly more complex patterns. Beginner level.

8 Sessions \$72

Instructor: Peytrienne McCormick

72510 Wheaton CRC 1/14 Tu 6:15 p.m.-7:15 p.m.

72511 Good Hope NRC 1/15 W 6:30 p.m.-7:30 p.m.

PERFORMING ARTS

Bollywood Bhangra Dance Fitness

Ages 14 & Up: Students will enjoy the fast and energizing movements of Bollywood and Bhangra dance. Increase your heart rate while getting exercise through innovative choreography and exotic steps to the rhythmic drums of South Asia.

7 Sessions \$95

Instructor: Kumud Mathur

72909 N. Potomac CRC 1/15 W 7 p.m.-7:45 p.m.

Bollywood Dance Fitness

Ages 14 & Up: Learn the latest in Bollywood dance while getting a great cardio workout. Techniques include hand, feet and body movements set to romantic popular music with a fast beat. Stay in shape while learning a fun art. Beginner and Intermediate levels.

7 Sessions \$95

Instructor: Kumud Mathur

72908 Potomac CRC 1/14 Tu 7:15 p.m.-8 p.m.

Bollywood Dance for Toddlers

Ages 2-5: This high-energy, fun and upbeat dance class allows your children to move freely, using their own body movement styles. Children participate at their own pace.

7 Sessions \$109

Instructor: Kumud Mathur

72131 Potomac CRC 1/14 Tu 5:15 p.m.-6 p.m.



DANCE



INTERNATIONAL

Folk Dancing

Montgomery County Recreation partners with the Diamond Dance Circle to offer an International Folk Dance program at the Lawton CRC.

The first half hour is devoted to assisting beginners experience the culture, music, and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more.

The intermediate/advanced level adds dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and others.

Cost is \$7 per week.

Contact Phyllis at 301-871-8788 or e-mail diamonddancecircle@comcast.net.

Location	Day	Time:
Lawton CRC	Monday	7:30-9:45 p.m.
Social Hall		

Program is ongoing.

The Center Director may cancel a date if it conflicts with a community event or maintenance issues.



DANCE

Bollywood Kids

Ages 6-13: Experience Bollywood style dance with its catchy tunes and fast, vibrant beat. Students will also improve their motor coordination, focus and confidence. For more information contact Kumud Mathur at kumud_mathur@hotmail.com

7 Sessions \$95
Instructor: Kumud Mathur
72907 Potomac CRC 1/14 Tu 6:15 p.m.-7 p.m.

PLAYTIME & MOVEMENT FOR TOTS

Tiny Toes

Ages 2 1/2-3 1/2: Music, movement, balance and basic dance steps are introduced in a fun, friendly and positive manner. This class is for children who are able to participate in class without assistance from a parent. Our teachers will keep the music and curriculum moving along in a way that is fun, positive and appropriate!

8 Sessions \$144
Instructor: Tippi Toes DC
72457 Lawton CRC 1/16 Th 11 a.m.-11:30 a.m.
72456 White Oak CRC 1/18 Sa 10:15 a.m.-10:45 a.m.

Toddler and Me Dance

Ages 1 1/2-3 1/2: Music, movement, balance and basic dance steps are introduced in a fun, friendly and positive manner. This class includes a parent or loved one participating in the class along with the little dancer. Our teachers will keep the music and curriculum moving along while parents take an active role in encouraging, supporting and keeping the little dancer on track.

8 Sessions \$144
Instructor: Tippi Toes DC
72458 Lawton CRC 1/16 Th 10 a.m.-10:45 a.m.
72459 White Oak CRC 1/18 Sa 9:15 a.m.-10 a.m.

SALSA

Salsa Club Dancing I

Ages 17 & Up: Salsa sizzles with rhythm and movement making it a popular dance for beginners. This class includes partner dance, solo freestyle and the basic techniques of lead and follow. Students will change partners frequently. No partner required.

8 Sessions \$96
Instructor: Avant Garde Ballroom Dance Center
72381 Avant Garde 1/14 Tu 7 p.m.-7:45 p.m.

SWING

Swing (couples)

Ages 16 & Up: Get an introduction to East Coast swing, starting with single swing and progressing to triple swing. Learn underarm turns and swivels using swing variations. Registration is per student and you must have a partner registered in the class to attend. Beginner level.

10 Sessions \$100
Instructor: Rebecca McKinney
72508 Lawton CRC 1/16 Th 8 p.m.-9 p.m.

TAP

Theatre Dance & Tap

Ages 5-8: Is your child theatrical? Here is a class that prepares you for being part of musical theatre shows and talent shows. Learn how to make music with your feet and learn how to dance for musicals!

10 Sessions \$210
Instructor: Bonnie Slawson
73171 Commotion 1/14 Tu 5 p.m.-6 p.m.
Fitness Studio

WEDDING DANCE

Wedding Ready

Ages 17 & Up: Wedding ready is an 8-week course offered not only for the bride and groom, but also for mom, dad and anyone in the bridal party. Designed to help you learn basic footwork, it is the best first step in perfecting your first dance.

8 Sessions \$96
Instructor: Avant Garde Ballroom Dance Center
72380 Avant Garde 1/14 Tu 7:15 p.m.-8 p.m.



FITNESS

AEROBIC DANCE

Dance & Fitness

A complete aerobic workout active adults who love music and movement. Dance in an energetic, fun-filled hour, choreographed to all styles of music. This class includes flexibility and leg routines, weights, abdominal work and cool down stretch. Wear supportive athletic shoes and bring a mat or blanket for floor work. Hand weights are optional.

20 Sessions \$160

Instructor: Yecenia Bell

72226 Lawton CRC 1/6 M,W 6 p.m.-7 p.m.

Instructor: Elaine Waldstreicher

72228 Mid-County CRC 1/6 M,W 7:30 p.m.-8:30 p.m.

Instructor: Katy Wiemers

72227 Rock View ES 1/7 Tu,Th 7 p.m.-8 p.m.

Instructor: Lois Antos

72225 Veirs Mill LP 1/7 Tu,Th 9:30 a.m.-10:30 a.m.

Dance & Fitness Add a Class

Add a third day to your workout routine and see your strength and endurance improve. Pick any day Monday through Thursday (listed above) or Saturday and add more dancing at a different location.

10 Sessions \$80

Instructor: Katy Wiemers

72229 Wheaton CRC 1/11 Sa 9 a.m.-10 a.m.

Jacki Sorensen's Aerobic Dance

Ages 50 & Up: Move your body with this complete, safe, effective and fun choreographed fitness program, created by Jacki Sorensen in the early 1970s. Each class includes strength work, flexibility and floor work routines followed by aerobic routines that can be done at low- or no-impact levels. Heart rate monitoring throughout the class measures student progress. Bring a mat. Hand weights (1-6 pounds) and ankle weights (1-2.5 pounds) are recommended, but optional.

11 Sessions \$94

Instructor: Karin Baker

72255 Potomac CRC 1/7 Tu 9 a.m.-10 a.m.

72256 Potomac CRC 1/9 Th 9 a.m.-10 a.m.

Aerobic Exercise

Jacki Sorensen's Aerobic Workout

Ages 50 & Up: Jacki Sorensen created this program in the 1980s as a more vigorous program than her dance classes. Each class includes floor work, strength work with hand and ankle weights, stretching and aerobic routines. Heart rate monitoring throughout the class measures student progress. Bring a mat, hand weights (1-6 pounds) and ankle weights (1-2.5 pounds).

11 Sessions \$94

Instructor: Karin Baker

72257 Damascus CRC 1/8 W 7 p.m.-8 p.m.

Jacki Sorensen's Strong Step

Ages 18 & Up: This high-energy, low-impact fitness class blends exercise and bench and resistance training to provide a full-body workout. Students can adjust step level to vary intensity. Bring a step, exercise mat. Hand weights (1-6 pounds) are optional. Limited steps available for class use.

11 Sessions \$94

Instructor: Karin Baker

72258 Potomac CRC 1/10 F 9 a.m.-10 a.m.

Jazzmatazz Low-Impact Aerobics

Ages 50 & Up: Dance in an energetic, fun-filled workout, choreographed to music. This class emphasizes cardiovascular strength and endurance with low-impact aerobic dancing, muscular strength using light hand weights and flexibility with floor exercises. To achieve best results, students are strongly encouraged to register for both Tuesday and Thursday.

10 Sessions \$80

Instructor: Betsy Saunders

72171 Bauer Dr. CRC 1/14 Tu 9:30 a.m.-10:30 a.m.

72172 Bauer Dr. CRC 1/16 Th 9:30 a.m.-10:30 a.m.

Movin' with Millie Aerobics

Ages 50 & Up: Set to a postivie, upbeat music, this class is a unique exercise experience beginning with a total body warm-up, aerobic conditioning for cardiovascular fitness and floor exercise for toning hips, thighs, abdominals and glutes. Bring a mat, exercise bands and hand weights

10 Sessions \$80

Instructor: Millie Trimble

75100 Good Hope NRC 1/17 F 10 a.m.-11 a.m.

75099 Good Hope NRC 1/15 W 10 a.m.-11 a.m.



FITNESS



BODY SCULPTING

Body Sculpt

Ages 18 & Up: This fun-filled workout focuses on strengthening and toning all major muscle groups while using elements of yoga, Pilates, kickboxing and traditional exercises that are choreographed to great music. Each participant will receive a T-shirt. For all ability levels.

8 Sessions \$80

Instructor: Fit 2 Believe

72302 N. Potomac CRC 1/13 M 7 p.m.-8 p.m.

10 Sessions \$100

72300 Bauer Dr. CRC 1/15 W 7 p.m.-8 p.m.

72301 N. Potomac CRC 1/18 Sa 9 a.m.-10 a.m.

Definition Body Sculpting

Ages 18 & Up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Participants will be able to track their individual progress! Instructor ACE and CPR certified.

18 Sessions \$162

Instructor: Juliet Rodman

73980 Clara Barton NRC 1/14 Tu,Th 9 a.m.-10 a.m.

PILATES

Ballet Workout + Pilates Mat

Ages 18 & Up: This unique class with classical music combines basic ballet posture and alignment with Pilates, low-impact cardio, weight-bearing exercises and other techniques. Participants will learn a combination of stretches and movements to improve energy, flexibility, core strength and balance. Bring light hand weights, a mat and workout shoes.

8 Sessions \$80

Instructor: Esther Brunner

72200 Wisconsin Pl. CRC 1/9 Th 10:15 a.m.-11:15 a.m.

72201 Tilden MS 1/7 Tu 7:15 p.m.-8:15 p.m.

Jazzmatazz Aerobics W/Pilates Mat

Ages 18 & Up: Work out with a combination of Pilates mat work and a low-impact, high-intensity aerobic workout using light hand weights. Gain core strength, general muscular strength and flexibility in addition to cardiovascular and respiratory improvement through lively music and carefully choreographed routines. Students are strongly urged to register for both Tuesday and Thursday to achieve the best results.

10 Sessions \$80

Instructor: Betsy Saunders

72170 Wheaton CRC 1/14 Tu 7:15 p.m.-8:15 p.m.

72169 Wheaton CRC 1/16 Th 7:15 p.m.-8:15 p.m.

Pilates for Fitness

Ages 18 & Up: This workout will increase strength, flexibility and energy levels. This program is designed to help lengthen, realign and redefine your body while improving posture, balance and coordination, easing chronic pain, and focusing on mental stability. Each participant will receive a T-shirt.

8 Sessions \$80

Instructor: Fit 2 Believe

72308 White Oak CRC 1/14 Tu 7 p.m.-8 p.m.

72309 N. Potomac CRC 1/15 W 7 p.m.-8 p.m.

72307 Bauer Dr. CRC 1/16 Th 7:15 p.m.-8:15 p.m.

72306 Lawton CRC 1/18 Sa 10 a.m.-11 a.m.

Powerlates

NEW! Ages 18 & Up: A fun, energetic blend of Pilates and traditional resistance training, Powerlates integrates full-body moves with targeted precision to help you increase strength and endurance while improving your balance and flexibility. Developed by a personal trainer, resistance bands are used throughout class allowing you to customize the resistance level for a truly personalized workout. Resistance bands available for purchase or bring your own. Bring a yoga mat.

8 Sessions \$80

Instructor: Jeanne Lieder

72128 Potomac CRC 1/16 Th 6 p.m.-7 p.m.



FITNESS



PLAYTIME & MOVEMENT FOR TOTS

Funfit Tots

Ages 11m-2: A high-energy exercise class for children and adults to work out together with songs, stories, parachutes, games, balls, music and more. Students develop motor skills, coordination, socialization and cooperation while reinforcing cognitive development. Child must be walking. Adult participation required. A material fee is included in the price.

8 Sessions \$124

Instructor: Funfit

72283 Bauer Dr. CRC 1/21 Tu 9:30 a.m.-10:15 a.m.

72285 Tilden MS 1/25 Sa 9:30 a.m.-10:15 a.m.

Funfit Tots Family Class

Ages 1 1/2 -4: A fun-filled, high-energy activity class that includes games, songs, stories, music, parachute balls and more, providing a great workout for the whole family. Adult participation required. Child must be walking. Class price is per child. A material fee is included in the price.

8 Sessions \$124

Instructor: Funfit

72284 Bauer Dr. CRC 1/21 Tu 10:15 a.m.-11 a.m.

72286 Tilden MS 1/25 Sa 10:15 a.m.-11 a.m.

72287 Tilden MS 1/25 Sa 11 a.m.-11:45 a.m.

We Want You!

Part-time Staff are needed to lead a wide variety of activities.

Become part of our team.

Call 240-777-6840 for information.

Contractual Instructors are needed to instruct professional quality classes for all ages. Send a resume and class proposal to:

Montgomery County Recreation
Contracts
4010 Randolph Road
Silver Spring, MD 20902

Tots Movement Kid Fit 101

Ages 11m-4: Crawl through tunnels, roll on balls and build big towers all while developing fine and gross motor skills; increasing hand-eye coordination; and engaging in socialization and self-expression. Parents/caregivers participation required.

5 Sessions \$95

Instructor: Future Resource Learning

72403 Potomac CRC 1/29 W 10:30 a.m.-11:15 a.m.

72405 Praisner CRC 1/29 W 5 p.m.-5:45 p.m.

72404 Mid-County CRC 2/8 Sa 10:15 a.m.-11 a.m.

STRENGTH TRAINING

Bone Builders - Plus

Ages 50 & Up: An advanced fitness class to strengthen all major muscle groups, gain better balance, improve posture and improve bone density while preventing or slowing further bone loss. Participants will complete a variety of exercises standing or sitting, using provided weights and exercise bands, while receiving personalized attention tailored to the body's needs. Sign-up for two classes per week to achieve optimal results. Due to instructor's asthma, do not wear perfume or cologne to class.

9 Sessions \$81

Instructor: Jaroslawa Palazzo

72188 Lawton CRC 1/6 M 10 a.m.-11 a.m.

72192 Lawton CRC 1/6 M 11:30 a.m.-12:30 p.m.

11 Sessions \$99

72190 Potomac CRC 1/7 Tu 3 p.m.-4 p.m.

72189 Lawton CRC 1/8 W 10 a.m.-11 a.m.

72193 Lawton CRC 1/8 W 11:30 a.m.-12:30 p.m.

72191 Potomac CRC 1/9 Th 3 p.m.-4 p.m.

Boot Camp

Ages 18 & Up: Non-traditional way to get in shape and feel great! Workout consists of cardiovascular conditioning (running or walking, plyometrics), strength training (free weights, stability balls, resistance bands, glides, and kettle bells). The coaches vary the exercises and format for every workout so no two boot camp sessions are the same.

4 Sessions \$60

Instructor: Nu-You Wellness And Fitness

73966 Praisner CRC 1/29 W 6 p.m.-7 p.m.

73965 Potomac CRC 1/29 W 9:15 a.m.-10:15 a.m.

73967 Potomac CRC 1/30 Th 6 p.m.-7 p.m.

73968 Mid-County CRC 2/8 Sa 9 a.m.-10 a.m.



FITNESS





Boot Camp and Strength Training

Ages 18 & Up: Accept the challenge and get maximum results. Participants will complete sit-ups, curls, squats and other weight-lifting exercises to get fit in a circuit-style class. Each participant will receive a t-shirt.

10 Sessions \$100

Instructor: Fit 2 Believe

72304 Bauer Dr. CRC 1/14 Tu 7:15 p.m.-8:15 p.m.

72303 White Oak CRC 1/16 Th 7 p.m.-8 p.m.

72305 Ross Boddy CRC 1/18 Sa 10:30 a.m.-11:30 a.m.

Category 4 Fitness Boot Camp

Ages 18 & Up: Instructed by an ISSA-certified fitness trainer, this 60-minute program incorporates cardio, resistance and core training. This class utilizes a specific interval training system broken down into segments of 30 seconds to 1 minute that challenge all fitness levels.

8 Sessions \$80

Instructor: Thomas Witz

72265 Germantown CRC 1/13 M 7:30 p.m.-8:30 p.m.

10 Sessions \$100

72266 Germantown CRC 1/15 W 7:30 p.m.-8:30 p.m.

Dynaerobics AND Body Sculpting

Ages 18 & Up: This program is perfect for cross trainers. Class includes an energizing warmup, a choreographed aerobics workout and a relaxing cool down. The last 45 minutes of class gives special attention to the arms, abdominals, hips, thighs and gluteal muscles, including strength and toning exercises with resistance bands. . Bring a mat. Hand weights are optional. Resistance bands are provided.

10 Sessions \$99

Instructor: Regina Gaither

72124 Bauer Dr. CRC 1/18 Sa 10:15 a.m.-11:30 a.m.

Fitness Kickboxing

Ages 13 & Up: Are you looking for a fast-paced, kick-butt, calorie-burning, adrenaline-pumping, action-packed workout? This class combines high-energy music with the kicks, punches and strikes of kickboxing for the ultimate conditioning workout. You'll improve muscular definition, cardiovascular fitness, flexibility and the ability to protect yourself. Fee includes a free pair of boxing gloves.

10 Sessions \$129

Instructor: Kicks Karate

72355 Kicks-Potomac 1/6 M,W 6:05 p.m.-6:55 p.m.

72354 Kicks-N. Bethesda 1/6 M,W 7:20 p.m.-8:10 p.m.

72359 Kicks-Shady Grove 1/7 Tu,Th 8 p.m.-8:50 p.m.

5 Sessions \$79

72356 Kicks N. Bethesda 1/11 Sa 8 a.m.-8:50 a.m.

72357 Kicks-Potomac 1/11 Sa 8 a.m.-8:50 a.m.

72358 Kicks-Shady Grove 1/11 Sa 8 a.m.-8:50 a.m.

Tone It Up Boot Camp

Ages 18 & Up: Come tone it up with your instructor who is a current track and field coach and former track athlete. Your tone it up coach will show you all the drills and exercises that will tone up your body in a matter of weeks. Let us work together to achieve your toning up goal by joining a group of like-minded individuals and a coach who will help you get the results. Get ready to do resistance bands, Penalty Box Training, medicine ball strength drills, abdominal muscle strengthening and much more. With a positive attitude, you will have fun and get results.

8 Sessions \$80

Instructor: Elite Quality Sports

72289 Bauer Dr. CRC 1/13 M 6 p.m.-7 p.m.

10 Sessions \$100

72290 Bauer Dr. CRC 1/15 W 6 p.m.-7 p.m.

72291 Bauer Dr. CRC 1/18 Sa 10 a.m.-11 a.m.

BODY CONDITIONING

20-20-20

Ages 18 and up: Enter the Tone Zone. Total body conditioning with 20 minute intervals of cardio, strength and floor core. Burn calories, sculpt your muscles, and tone your abs in this fun, full-body fitness fusion. Resistance bands will be provided or bring your own. Bring a yoga mat

8 Sessions \$80

Instructor: Jeanne Lieder

72127 Bauer Drive CRC 1/15 W 6:00 PM - 7:00 PM

Dynaerobics

Ages 18 & Up: This vigorous and challenging conditioning program combines cardio, core and resistance exercises for a safe, total-body workout. Class includes an energizing warmup, a choreographed aerobics workout and a relaxing cool down. The last 45 minutes of class gives special attention to the arms, abdominals, hips, thighs and gluteal muscles, including strength and toning exercises with resistance bands. Bring a mat. Hand weights are optional. Resistance bands are provided.

10 Sessions \$90

Instructor: Gina Dols

72123 Bauer Dr. CRC 1/14 Tu 6 p.m.-7:15 p.m.

72122 Bauer Dr. CRC 1/16 Th 6 p.m.-7:15 p.m.



FITNESS



Kelley's Complete Fitness Workout

Ages 18 & Up: This safe, effective, co-ed program strengthens and tones all major muscle groups. The instructor incorporates elements of yoga, Pilates, kickboxing and traditional exercises into a total-body workout, choreographed to music. Emphasis is placed on proper execution, body alignment and posture. Each class concludes with a relaxation segment. Bring a towel or mat. Light hand weights are optional.

9 Sessions \$72

Instructor: Pamela Kelley

72234 Longwood CRC 1/6 M 7:15 p.m.-8:30 p.m.

11 Sessions \$88

72236 Longwood CRC 1/8 W 7:15 p.m.-8:30 p.m.

72235 Bauer Dr. CRC 1/8 W 9:10 a.m.-10:25 a.m.

Kelley's 50+ Complete Fitness Workout

Ages 50 & Up: This class is geared toward the active adult age 50 and above that is looking to improve or maintain his/her level of fitness. This is a safe, effective program that strengthens and tones all major muscle groups. The class incorporates elements of yoga, Pilates, kickboxing and traditional exercises into a low-impact total body workout. Bring a mat to class. Light hand weights are encouraged, but not required.

9 Sessions \$72

Instructor: Pamela Kelley

72233 Wheaton CRC 1/6 M 9:15 a.m.-10:30 a.m.

72237 Wheaton CRC 1/9 Th 9:15 a.m.-10:30 a.m.

Powerblast

NEW! **Ages 18 & Up:** Bootcamp class that challenges and develops all ages and levels of fitness. Classes follow a structure designed to prepare individuals' bodies for intense activity, while preventing major injury.

8 Sessions \$80

Instructor: Julien Joseph Elie

73035 Wheaton CRC 1/13 M 6 p.m.-7 p.m.

10 Sessions \$100

73034 Wheaton CRC 1/15 W 7 p.m.-8 p.m.

73036 Wheaton CRC 1/18 Sa 10 a.m.-11 a.m.



FITNESS

ACT

Three Month Pass

To register click on the membership tab on ActiveMONTGOMERY.org and search for "ACT."

ACT provides a vigorous, easy to follow co-ed class for ages 16 & up. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness, the program is designed to allow self pacing for those who wish to work at low impact steps.

Plan your workout around your schedule and attend class at any of our convenient locations.

Passes are available for 12, 18, and 24 classes.

Pass is valid for three months from the first class attended.

Take your access card and receipt to any class location and check-in with the front desk staff. Give a copy of the registration to the ACT instructor.

Location	Days	Times:	
Wheaton CRC	M, Tu, W, Th	6 p.m.-7 p.m.	24 Passes-\$162
	Sa	9 a.m.-10 a.m.	
Bauer Drive CRC	M, W	5 p.m.-6 p.m.	18 Passes-\$126
Praisner CRC	M, W	7 p.m.-8 p.m.	12 Passes-\$87
Potomac CRC	Tu, Th	7 p.m.-8 p.m.	

THE WORKOUT

**AEROBIC
CONDITIONING AND
TONING**





WORKSHOPS

Fitness 101

NEW! Ages 18 & Up: With a smaller group you get a more personalized training experience, similar to personal training, but you also get the benefits of group training (accountability, motivation, dynamic interactions and camaraderie). This program will teach you how to properly use gym machines and challenge your body with new moves and routines.

1 Session \$15

Instructor: Nu-You Wellness And Fitness

73971	N. Potomac CRC	1/14	Tu	7 p.m.-8:30 p.m.
73975	Wheaton CRC	1/15	W	10 a.m.-11:30 a.m.
73974	N. Potomac CRC	2/4	Tu	7 p.m.-8:30 p.m.
73976	Wheaton CRC	2/19	W	10 a.m.-11:30 a.m.
73969	Praisner CRC	2/19	W	7 p.m.-8:30 p.m.
73973	Mid-County CRC	2/22	Sa	11:15 a.m.-12:45 p.m.
73972	Praisner CRC	2/26	W	7 p.m.-8:30 p.m.
73970	Mid-County CRC	2/1	Sa	11:15 a.m.-12:45 p.m.
73977	Wheaton CRC	2/29	W	10 a.m.-11:30 a.m.

Community Basic First Aid and CPR_AED

Ages 13 and up: This class offers hands-on First Aid and CPR-AED training and certification. This certification can be used to save a life and to obtain employment. Our mission is to provide the community with the skills and knowledge needed to potentially save a life. Certifications and material will be from EMS Safety Service unless a specific request made prior to training. Material fee is included in price.

1 Session \$95

Instructor: Tiquia Bennett

73961	Germantown CRC	1/11	Sa	10 a.m.-1 p.m.
73959	Bauer Drive CRC	1/22	W	5 p.m.-9 p.m.
73963	Bauer Drive CRC	1/25	Sa	10 a.m.-1 p.m.
73962	Germantown CRC	3/4	W	5 p.m.-8 p.m.
73964	Potomac CRC	3/11	W	5 p.m.-8 p.m.
73960	Potomac CRC	3/25	W	5 p.m.-8 p.m.

ZUMBA

Dance Fit Zumba

Ages 16 & Up: Combine mesmerizing Latin rhythms with easy-to-follow moves in an invigorating, calorie-burning, body-energizing program. Beginner and intermediate levels.

8 Sessions \$64

Instructor: Dance Fit

73984 Praisner CRC 1/13 M 6 p.m.-7 p.m.

10 Sessions \$80

73986 Potomac CRC 1/14 Tu 6 p.m.-7 p.m.

73982 Germantown CRC1/14 Tu 7:15 p.m.-8:15 p.m.

73983 Germantown CRC1/16 Th 7:15 p.m.-8:15 p.m.

73985 N. Potomac CRC 1/18 Sa 10 a.m.-11 a.m.

Definition Zumba

Ages 16 & Up: Get your whole body moving and burn calories through a mixture of Latin and international rhythms, music and cardiovascular aerobic exercise. A great workout and interesting choreography from experienced CPR-certified instructors.

16 Sessions \$144

Instructor: Juliet Rodman

73981 Clara Barton NRC 1/13 M,F 9 a.m.-10 a.m.

Glow Zumba

Ages 18 & Up: Ready for the ultimate experience in a Zumba class? This workout is a dynamic fitness program using Latin dance flavor. Not only will you experience the exhilaration of moving your body to the rhythm of the music, it will be kicked up a notch with participants glowing in the dark! This class features easy-to-follow moves in interval training sessions with fast and slow rhythms, stretching, and most importantly FUN! Participants should come dressed in their neon-colored exercise attire. The first 2-3 classes will be instructional and then be prepared to experience Zumba as you have never experienced it before.

10 Sessions \$100

Instructor: Elite Quality Sports

72288 Good Hope NRC 1/14 Tu 6:30 p.m.-7:30 p.m.



FITNESS



Zumba Fitness

Ages 16 & Up: Ditch the typical work out and join the Latin dance fitness phenomenon sweeping the nation. Zumba is an explosively fun and addictive fitness dance party combining Caribbean, hip-hop and Latin beats that move your hips.

10 Sessions \$82

Instructor: Michelle Johnson-Lancaster
72298 Bauer Dr. CRC 1/18 Sa 9 a.m.-10 a.m.

11 Sessions \$90

72297 Mid-County CRC 1/13 M 6:15 p.m.-7:15 p.m.
72299 Mid-County CRC 1/15 W 6:15 p.m.-7:15 p.m.

Zumba Toning

NEW! Ages 16 & Up: Take Zumba to the next level by adding resistance using Zumba® Toning Sticks. Lightweight maraca-like Toning Sticks enhance your sense of rhythm and coordination, while toning target zones including the arms, core and lower body.

8 Sessions \$69

Instructor: Ingrid Higgins
75500 Wheaton CRC 1/13 M 7:30 p.m.-8:30 p.m.

Zumba

NEW! Ages 16 & Up: We take the work out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Get a total workout that combines all elements of fitness, cardio, muscle conditioning, balance and flexibility.

10 Sessions \$80

Instructor: Ingrid Higgins
75501 Wheaton CRC 1/14 Tu 7:30 p.m.-8:30 p.m.

HEALTH/ WELLNESS

MEDITATION

Introduction to Mindfulness Meditation

Ages 18 & Up: Cultivate a greater awareness of the unity of mind and body. Mindfulness meditation helps practitioners stop worrying about forces not under their control, using mindfulness techniques including a full-body scan, seated meditation, walking meditation and eating meditation. No prior meditation experience is needed to enroll in this class.

1 Session \$49

Instructor: Jerry Hartman
75146 Lawton CRC 1/25 Sa 10 a.m.-2:00 p.m.

Using Mindfulness to Increase Happiness

18 & Up: For most of us, happiness is dependent on outside conditions. We suffer from the "if only" disease and never have enough to be satisfied. Possessions, jobs or relationships - we're always looking for the next big thing that will finally make us happy. Eventually we realize that approach doesn't work. Mindfulness meditation gives us tools to create a lasting happiness that doesn't rely on others. We'll explore how clinging to our attitudes and possessions create dissatisfaction, and how loving, kindness, generosity and gratitude can help change your outlook on life. No prior meditation experience is required to participate in this class.

1 Sessions \$49

75145 Germantown CRC 2/1 Sa 10 a.m.-2 p.m.

Half-Day Silent Meditation Retreat

NEW! 18 & Up: Join instructor Jerry Hartman for a half-day of silent retreat from the turmoil of daily life. At the beginning of the class, the teacher will provide guidance to help you settle into silence. As the day goes on, there will be less guidance as you learn to explore on your own. We will alternate periods of seated and walking meditation. Both beginning and experienced mindfulness practitioners are welcome.

1 Session \$49

75148 Potomac CRC 2/22 Sa 10 a.m.-2 p.m.



HEALTH/ WELLNESS





HEALTH/WELLNESS



Mindfulness of the Body

18 & Up: Of the four foundations of mindfulness, the first and most important is mindfulness of the body. As infants, we learn unconsciously to interpret everything that happens in our lives as pleasant or unpleasant based on how we experience it through the five senses in our body. And yet, as we grow, most of us forget this and live our lives from the neck up. Join us for a half day of meditation, short talks, and group discussions which will increase your awareness of the body and its relationship to the mind. No prior meditation experience is needed to enroll in this class.

1 Session \$49
75147 N. Potomac CRC 3/7 Sa 10 a.m.-2 p.m.

SPECIALITY PROGRAMS

Laughter Fitness

Ages 13 & Up: This workout includes laughing exercise, breathing and memory enhancement techniques which rejuvenate brain power and enrich overall health. It reduces stress, anxiety and depression, calms the mind, increases energy level and improves concentration.

7 Sessions \$65
Instructor: Kumud Mathur
72282 Potomac CRC 1/16 Th 11:15 a.m.-12 p.m.

TAI CHI

Tai Chi - Beginning

Ages 18 & Up: An ancient Chinese exercise form practiced by millions for both physical and spiritual development. Tai chi benefits everyone from active athletes to those recovering from injuries or back problems. Wear loose clothing. Prospective students may observe a class before registering.

7 Sessions \$69
Instructor: Andy Schettino
72159 Bauer Drive CRC 1/13 M 7 p.m. - 8 p.m.
10 Sessions \$99
Instructor: Lon Holland
72160 Wheaton CRC 1/15 W 6:30 p.m.-7:30 p.m.

Tai Chi - Continuing

Ages 18 & Up: Students in this class have already taken Tai Chi - Beginning and will continue to learn this graceful, flowing form.

7 Sessions \$69
Instructor: Andy Schettino
72161 Bauer Dr. CRC 1/13 M 8 p.m.- 9 p.m.
10 Sessions \$99
Instructor: Lon Holland
72162 Wheaton CRC 1/15 W 7:30 p.m. - 8:30 p.m.

WORKSHOPS

Building Strength & Healthy Prostate

Ages 40 & Up: Do you have any difficulty with going to the bathroom? Do you have pain between your legs or gluteals? Do you have erectile dysfunction? Knowing the warning signs for Prostate and Pelvic Floor health issues becomes an important part of taking care of your overall health. Part of keeping yourself healthy, especially as we get older, starts to get more complicated than lifting weights and keeping up with the cardio. This workshop will give you the tools to start getting answers to the questions that are tough to talk about and practical advice to a healthier and stronger pelvic floor.

1 Session \$30
Instructor: Restore Motion
72136 Restore Motion 1/18 Sa 10:30 a.m. - 12 p.m.
72139 Restore Motion 2/18 Tu 6:30 p.m. - 8 p.m.
72138 Restore Motion 3/5 Th 5:30 p.m. - 7 p.m.

Pelvic Floor-Keeping it Healthy

Ages: 40 & Up: Led by a physical therapist with pelvic floor rehabilitation experience, this class addresses common pelvic floor problems. Learn exercises to improve the strength and function of the pelvic floor, including alternatives to Kegels. An exercise band and exercise handouts are included. An exercise band and exercise handouts are included in the class fee.

1 Session \$30
Instructor: Restore Motion
72141 Restore Motion 1/21 Tu 6:30 p.m. - 8 p.m.
72140 Restore Motion 2/20 Th 2 p.m. - 3:30 p.m.
72143 Restore Motion 3/17 Tu 6:30 p.m. - 8 p.m.

YOGA

Baby and Me Yoga

Ages 1m -5: Baby and Me Yoga offers confidence, movement milestones, and mind and body awareness while deepening the bond between you and baby.

10 Sessions \$120

Instructor: Om Shanti DC
72120 RSC-B-CC 1/14 Tu 11 a.m.-12 p.m.

Itsy Bitsy Yoga

Ages 2w -10m: Come have fun and meet new friends in a calm and nurturing class for you and your baby. Improve baby's sleep, digestion and more with easy to learn techniques that you can incorporate into your daily routine. Wear comfortable clothes and bring a yoga mat and/or blanket.

8 Sessions \$96

Instructor: Laura Lunking
72267 Mid-County CRC 1/21 Tu 11 a.m.-11:45 a.m.

Preschool Yoga

Ages 2-4: Toddler yoga combines the perfect dose of yoga and play.

10 Sessions \$120

Instructor: Om Shanti DC
72121 RSC-B-CC 1/18 Sa 11 a.m.-12 p.m.

Yoga4Kidz

Ages 5-10: Participants will run, jump and laugh, as they strengthen their minds and hearts with deep breathing techniques and basic yoga poses that are developmentally appropriate. One hour of basic yoga instruction and mindfulness practice increases self-confidence in school-aged children.

4 Sessions \$75

Instructor: Maya Albert

Ages 5-6

73787 Lawton CRC 2/15 Sa 10 a.m.-11 a.m.

Ages 7-10

72174 Lawton CRC 2/15 Sa 11 a.m.-12 p.m.

Yoga4Tweenz

Ages 11-13: A new yoga class exclusively for tweens. This class will focus on promoting body positivity, stress management and respect for each other and oneself through yoga. Yoga allows middle-schoolers to express, challenge and set goals for themselves.

4 Sessions \$75

Instructor: Maya Albert

72175 Lawton CRC 1/21 Tu 6:30 p.m.-7:30 p.m.

72178 Lawton CRC 2/18 Tu 6:30 p.m.-7:30 p.m.

Easy Yoga

Ages 18 & Up: Yoga at a slower pace for mixed levels that modifies basic poses to enhance each individual experience. Increase energy, stamina and muscle strength and flexibility, and learn to release tension using relaxation techniques and easy, dynamic movement coordinated with simple, rhythmic breathing. Introduction to meditation. Bring a mat or towel and wear comfortable clothing.

10 Sessions \$108

Instructor: Moira Martin
72134 Lawton CRC 1/16 Th 9:30 a.m.-10:45 a.m.

Essential Yoga For Beginners

Ages 18 & Up: This class focuses on the fundamentals of yoga, including posture, body alignment, breath and foundational yogic concepts, and is perfect for first-time and experienced students. Bring a yoga mat and blanket and wear comfortable clothing. Students must practice with bare feet.

10 Sessions \$105

Instructor: Tamara Lewis Johnson
72224 Coffield CRC 1/16 Th 6 p.m.-7 p.m.

Evening Yoga

Ages 18 & Up: Learn to bring your mind, body and spirit into harmony and balance. Relax, relieve tension and create a sense of calmness and wellbeing as you improve flexibility, strength and energy. Classes begin with warmup movements and breath awareness followed by a sequence of yoga postures and end with deep relaxation. Bring a yoga mat and wear comfortable clothing.

10 Sessions \$105

Instructor: Robin Morris

72195 RSC-B-CC 1/14 Tu 6:15 p.m.-7:15 p.m.

72194 Wisconsin Pl. CRC 1/15 W 6:15 p.m.-7:15 p.m.

Gentle Yoga

Ages 18 & Up: This class combines warmups, gentle postures and yogic breathing to improve mobility and reduce stress. You will learn the basic principles of body alignment and breath awareness inspired by a meaningful intention and a joyful attitude. The instructor encourages students to listen to their bodies and progress at their own pace. Bring a yoga mat and blanket and wear comfortable clothing. Students must practice with bare feet. Beginner and continuing levels.

10 Sessions \$105

Instructor: Irene Bopp

72277 Bauer Drive CRC 1/14 Tu 6:15 p.m.-7:15 p.m.

Instructor: Amy Branson

72129 Longwood CRC 1/16 Th 5 p.m.-6 p.m.



HEALTH/WELLNESS





HEALTH/WELLNESS

**Hatha Yoga and Stress Management Beg/Cont**

NEW! Ages 18 & Up: Learn to handle the stresses of daily life with breathing exercises that help connect body and mind. Become better acquainted with your body through yoga poses (asanas) that increase flexibility and strength and help keep the body in good alignment. Bring a mat or towel, a belt and a block and wear comfortable clothing. Beginner and continuing levels.

10 Sessions \$150

Instructor: Suzana Cooper

72196 Lawton CRC 1/17 F 9:45 a.m.-11 a.m.

72197 Wisconsin Pl. CRC 1/18 Sa 9:45 a.m.-11 a.m.

Restore and Recharge Yoga

Ages 18 & Up: Balancing warmth and discipline, alongside opening and ease, you'll have the opportunity to reset, while also leaving refreshed and ready to move through your week. The sequences will be fluid, alignment-focused and easy to follow for all. Challenge your inner and outer strength, connecting breathe and movement for a nourishing yoga flow. Students are encouraged to listen to their bodies and progress at their own pace. Bring a yoga mat and blanket and wear comfortable clothing. Students must practice with bare feet. Beginner and continuing levels. You may purchase yoga supplies from instructor first day of class.

6 Sessions \$72

Instructor: Hannah Davis

73789 Wheaton CRC 1/13 M 7 p.m.-8 p.m.

8 Sessions \$96

73791 Wheaton CRC 1/14 Tu 12 p.m. - 1 p.m.

Yoga Basics

Ages 18 & Up: This class introduces students to yogic principles of body alignment and breathing awareness, inspired by a meaningful intention and a joyful attitude. The instructor emphasizes standing poses and strengthening and stretching the legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Bring a yoga mat and a yoga blanket and wear comfortable clothing. Students must practice with bare feet. Beginner and continuing levels.

10 Sessions \$105

Instructor: Irene Bopp

72279 Bauer Dr. CRC 1/14 Tu 7:30 p.m.-8:30 p.m.

72278 Mid-County CRC 1/15 W 7:30 p.m.-8:30 p.m.

72280 Praisner CRC 1/16 Th 10:30 a.m.-11:30 a.m.

72281 East County CRC 1/16 Th 7 p.m.-8 p.m.

Yoga for Beginners and Continuing

Ages 18 & Up: Brings together the philosophy and practice of yoga from a long lineage of great Yogis. Class incorporates, intention, breath practice, alignment, breath guided creative sequences of asana (posture), qi gong, meditations and rejuvenating rest with aromatherapy. Bring a mat or towel and wear comfortable clothing. Continuing levels welcomed.

10 Sessions \$135

Instructor: Om Shanti DC

72154 Potomac CRC 1/13 M 6:15 p.m.-7:30 p.m.

72155 Potomac CRC 1/16 Th 10:15 a.m.-11:30 a.m.

Yoga for Life

Ages 18 & Up: Through body awareness, simple and non-threatening yoga postures and mindfulness strategies, this class will provide skills to use at home and at work to feel stronger, more grounded and more in-tune with your physical body. No yoga experience is necessary. Bring a yoga mat. Instructor will supply blankets, blocks and straps.

10 Sessions \$105

Instructor: Amy Branson

72130 Longwood CRC 1/16 Th 6:30 p.m.-7:45 p.m.

Yoga Fundamentals

Ages 18 & Up: Enjoy a balanced practice with benefits for your body, mind and spirit. Classes begin with warmup movements and breathing awareness to prepare you for yoga postures. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Each class ends with deep relaxation and meditation. This physically challenging class is designed for individuals who are free of serious injuries or physical vulnerabilities. Bring a yoga mat and blanket. Students must practice with bare feet. Beginner and continuing levels.

10 Sessions \$150

Instructor: Nancy Neves

73978 Bauer Dr. CRC 1/14 Tu 10:45 a.m.-12 p.m.

Yoga/Stretching for Your Relaxation

Ages 18 & Up: Practice gentle stretching and learn basic yoga postures to increase energy, flexibility, strength and balance. Class includes a focus on breathing and relaxation techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat and blanket. Students must practice with bare feet.

10 Sessions \$120

73979 Mid-County CRC 1/15 W 11 a.m.-12 p.m.

Yoga-Pilates Fusion

Ages 10 & Up: Move through mat-based exercises to build strength, especially in the core. Then the entire body is stretched and relaxed through Yoga poses. Breath is used first to energize, then calm. Participants will need to bring their own sticky Yoga mat.

15 Sessions \$105

Instructor: H2O Fitness

75219 KSAC 1/5 Su 5:30 p.m.-6:15 p.m.

75220 KSAC 1/5 Su 6:20 p.m.-7:05 p.m.

75221 KSAC 1/5 Su 7:10 p.m.-7:55 p.m.

MARTIAL ARTS

AIKIDO/LAIDO

Aikido

Ages 11 & Up: Known as "the gentle martial art" aikido is defensive yet powerful discipline that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practices of Aikido, one can learn to manage conflict in one's personal life, be non-aggressive without being a victim, become empowered by learning to coordinate mind and body, and deal effectively with stress in one's daily life. This class will also introduce, healing with "Ki" energy and meditative breathing.

8 Sessions \$70

Instructor: Christopher Rowe

72173 Ross Boddy CRC 1/13 M 7 p.m.-8:30 p.m.

75056 Ross Boddy CRC 1/22 W 7 p.m.-8:30 p.m.

Iaido

Ages 18 & Up: Iaido is described as cultivation of patience to keep you from conflict. Increase control of the body and mind. Additional benefits include discipline and respect, balance, patience, fitness and energy. A uniform is needed.

10 Sessions \$99

Instructor: Salvador Cortes

72395 Ken-Gar Center 1/16 Th 8:20 p.m.-9:20 p.m.

Karate Do / Iaido - Beginners

Ages 7-14: Japanese classical martial arts strive to understand, learn and incorporate the samurai philosophy. Develop inner strength, self-assurance, physical strength and reflexes. A uniform is needed.

10 Sessions \$99

Instructor: Salvador Cortes

72396 Ken-Gar Center 1/16 Th 6:30 p.m.-7:20 p.m.

Karate Do / Iaido - Intermediate

Ages 10 & Up: Japanese classical martial arts strive to understand, learn and incorporate the samurai philosophy. Develop inner strength, self-assurance, physical strength and reflexes. A uniform is needed.

10 Sessions \$99

Instructor: Salvador Cortes

72397 Ken-Gar Center 1/16 Th 7:30 p.m.-8:20 p.m.

JUDO

Judo

Ages 7-15: This class emphasizes the various basic techniques of judo, Japanese martial arts, including the aspects of self-control, discipline, respect, politeness, balance, and coordination. Japanese terms are taught and used throughout the class. Judo is a good way to promote health in daily life. At the end of each class, the participant is given a symbol to remind them of an aspect of judo. If you need a uniform, please see the instructor directly.

9 Sessions \$270

Instructor: Frederic Hocde

72144 Ken-Gar Center 1/14 Tu 6:30 p.m.-7:30 p.m.



MARTIAL ARTS





MARTIAL ARTS

KARATE/JUJITSU

Karate/Jujitsu

Ages 6-12: Develop confidence, fitness, mental focus, and self-discipline in a fun and safe environment learning martial arts with instructors from Tompkins Karate Association. Class offers instruction in Tang Soo Do Korean karate and jujitsu. Promotional exams, camps, and competitions are available. If available at the preferred location, beginners must attend the 6 p.m. class.

9 Sessions \$68

Instructor: TKA Inc.

72415 Longwood CRC	1/6	M	7 p.m.-8 p.m.
72414 Upper County CRC	1/6	M	6 p.m.-7 p.m.
72416 Upper County CRC	1/6	M	7 p.m.-8 p.m.
72417 Wheaton CRC	1/6	M	7 p.m.-8 p.m.

11 Sessions \$83

Instructor: TKA Inc.

72424 Bauer Dr. CRC	1/8	W	6 p.m.-7 p.m.
72425 Bauer Dr. CRC	1/8	W	7 p.m.-8 p.m.
72434 Bethesda ES	1/9	Th	7 p.m.-8 p.m.
72423 Clara Barton NRC	1/8	W	7 p.m.-8 p.m.
72421 Damascus CRC	1/8	W	6 p.m.-7 p.m.
72422 Damascus CRC	1/8	W	7 p.m.-8 p.m.
72433 N. Potomac CRC	1/9	Th	6:30 p.m.-7:30 p.m.
72418 Germantown CRC1/7	Tu	6 p.m.-7 p.m.	
72419 Germantown CRC1/7	Tu	7 p.m.-8 p.m.	
72431 Praisner CRC	1/9	Th	6 p.m.-7 p.m.
72432 Praisner CRC	1/9	Th	7 p.m.-8 p.m.
72420 Mid County CRC	1/7	Tu	6:30 p.m.-7:30 p.m.
72426 Potomac CRC	1/8	W	6 p.m.-7 p.m.
72429 Potomac CRC	1/8	W	7 p.m.-8 p.m.
72428 Resnik ES	1/8	W	7 p.m.-8 p.m.
72435 Long Branch CRC	1/9	Th	7 p.m.-8 p.m.
72430 Stedwick ES	1/8	W	7 p.m.-8 p.m.

Karate/Jujitsu Adult

Ages 13 & Up: Develop confidence, fitness, mental focus, and make new friends in a fun and safe environment learning martial arts with instructors from Tompkins Karate Association. Class offers instruction in Tang Soo Do Korean karate and jujitsu. Promotional exams, camps, and competitions are available. All skill levels are welcome.

9 Sessions \$77

Instructor: TKA Inc.

72436 Upper County CRC	1/6	M	8 p.m.-9:30 p.m.
72437 Wheaton CRC	1/6	M	8 p.m.-9:30 p.m.

11 Sessions \$94

Instructor: TKA Inc.

72439 Bauer Drive CRC	1/8	W	8 p.m.-9:30 p.m.
72442 Bethesda ES	1/9	Th	8 p.m.-9:30 p.m.
72438 Damascus CRC	1/8	W	8 p.m.-9:30 p.m.
72444 N. Potomac CRC	1/9	Th	7:30 p.m.-9 p.m.
72446 Germantown CRC1/7	Tu	8 p.m.-9:30 p.m.	
72443 Praisner CRC	1/9	Th	8 p.m.-9:30 p.m.
72447 Mid County CRC	1/7	Tu	7:30 p.m.-9 p.m.
72440 Potomac CRC	1/8	W	8 p.m.-9:30 p.m.
72445 Long Branch CRC	1/9	Th	8 p.m.-9:30 p.m.
72441 Stedwick ES	1/8	W	8 p.m.-9:30 p.m.

Karate/Jujitsu Club

Ages 13 & Up: This program is open to brown belt and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Participants must be registered in a regular TKA class during the same season.

11 Sessions \$40

Instructor: TKA Inc.

72448 East County CRC	1/10	F	7:30 p.m.-8:30 p.m.
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Karate/Jujitsu Club 2

Ages 13 & Up: Develop skills under supervision of select instructors. No formal instruction during Club sessions.

11 Sessions \$53

Instructor: TKA Inc.

72449 East County CRC	1/10	F	8:30 p.m.-9:30 p.m.
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Little Ninjas

Ages 5-7: Through the concept of edutainment children will develop the skills of concentration and self-control. Help gain confidence through learning the basic skills of karate in a safe, clean, and professional environment. Our low student-to-teacher ratio and safe training mats will ensure that your child has a comfortable and exciting experience. An official Kicks Karate uniform and belt are included in the fee.

5 Sessions \$79

Instructor: Kicks Karate

72314	Kicks-Bethesda	1/11	Sa	10 a.m.-10:30 a.m.
72318	Kicks-Clarksburg	1/11	Sa	10 a.m.-10:30 a.m.
72324	Kicks-Kensington	1/11	Sa	9:40 a.m.-10:10 a.m.
72315	Kicks-N. Bethesda	1/11	Sa	10 a.m.-10:30 a.m.
72316	Kicks-Potomac	1/11	Sa	9:30 a.m.-10 a.m.
72317	Kicks-Shady Grove	1/11	Sa	8:55 a.m.-9:25 a.m.
72321	Kicks-Silver Spring	1/11	Sa	9:30 a.m.-10 a.m.

10 Sessions \$129

Instructor: Kicks Karate

72311	Kicks-Bethesda	1/7	Tu,Th	6:20 p.m.-6:50 p.m.
72322	Kicks-Clarksburg	1/7	Tu,Th	6:20 p.m.-6:50 p.m.
72323	Kicks-Kensington	1/7	Tu,Th	6 p.m.-6:30 p.m.
72312	Kicks-N. Bethesda	1/6	M,W	6:20 p.m.-6:50 p.m.
72313	Kicks-Potomac	1/6	M,W	5 p.m.-5:30 p.m.
72319	Kicks-Shady Grove	1/6	M,W	6 p.m.-6:30 p.m.
72320	Kicks-Silver Spring	1/7	Tu,Th	6 p.m.-6:30 p.m.

Super Samurais

Ages 8-12: This high energy class develops physical, mental, and emotional self-defense skills. Students will sharpen their mental focus and learning ability through developing eye contact, enhancing concentration, and improving listening skills in a fun-filled atmosphere for learning. Life skills, like respect and good citizenship will also be reinforced. Students will learn basic karate skills in a safe and professional training environment. Our low student to teacher ratio and age-specific grouping maximize learning and fun! Uniform and belt are included.

5 Sessions \$79

Instructor: Kicks Karate

72327	Kicks-Bethesda	1/11	Sa	12 p.m.-12:50 p.m.
72328	Kicks-Clarksburg	1/11	Sa	12 p.m.-12:50 p.m.
72331	Kicks-Germantown	1/11	Sa	10 a.m.-10:50 a.m.
72332	Kicks-Kensington	1/11	Sa	10:15 a.m.-11:05 a.m.
72325	Kicks-N. Bethesda	1/11	Sa	12:20 p.m.-1:10 p.m.
72326	Kicks-Potomac	1/11	Sa	9 a.m.-9:50 a.m.
72330	Kicks-Shady Grove	1/11	Sa	11:20 a.m.-12:10 p.m.
72329	Kicks-Silver Spring	1/11	Sa	10:10 a.m.-11 a.m.

Tiny Tigers

Ages 3-5: This action-packed class will enhance hand-eye coordination, agility and balance as students learn basic karate techniques. We also focus on important life-skills such as improving eye contact, concentration and first-time listening skills. Our full-time instructors work with kids in a safe, clean environment that features top quality equipment and padded floors for extra safety. An official Kicks Karate uniform and white belt are included in the class fee.

5 Sessions \$79

Instructor: Kicks Karate

72335	Kicks-Bethesda	1/11	Sa	9 a.m.-9:30 a.m.
72342	Kicks-Clarksburg	1/7	Tu,Th	5:20 p.m.-5:50 p.m.
72341	Kicks-Clarksburg	1/11	Sa	9 a.m.-9:30 a.m.
72336	Kicks-Kensington	1/11	Sa	9 a.m.-9:30 a.m.
72337	Kicks-N. Bethesda	1/11	Sa	9 a.m.-9:30 a.m.
72338	Kicks-Potomac	1/11	Sa	9 a.m.-9:30 a.m.
72339	Kicks-Shady Grove	1/11	Sa	10 a.m.-10:30 a.m.
72340	Kicks-Silver Spring	1/11	Sa	9 a.m.-9:30 a.m.

10 Sessions \$129

Instructor: Kicks Karate

72343	Kicks-Kensington	1/7	Tu,Th	5:15 p.m.-5:45 p.m.
72347	Kicks-N. Bethesda	1/8	W,F	4 p.m.-4:30 p.m.
72344	Kicks-Potomac	1/7	Tu,Th	4:15 p.m.-4:45 p.m.
72345	Kicks-Shady Grove	1/7	Tu,Th	5:50 p.m.-6:20 p.m.
72346	Kicks-Silver Spring	1/6	M,W	6 p.m.-6:30 p.m.

Tiny Tigers / Little Ninjas

Ages 3 ½-7: This high-energy class is the perfect setting for your child to develop concentration and listening skills while having a blast! Help your child gain confidence through learning the basic skills of karate in a safe, clean, and professional environment. An official Kicks Karate uniform and white belt are included in the class fee.

5 Sessions \$79

Instructor: Kicks Karate

72333	Kicks-Germantown	1/11	Sa	9 a.m.-9:30 a.m.
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10 Sessions \$129

Instructor: Kicks Karate

72334	Kicks-Germantown	1/7	Tu,Th	4 p.m.-4:30 p.m.
72182	Beverly Farms ES	1/8	W	8 p.m.-9:30 p.m.
72183	Beverly Farms ES	1/11	Sa	11:30 a.m.-1 p.m.

Zen Budo Martial Arts: Kids

Ages 7-10: Goshin Jutsu karate is a holistic martial arts program that teaches the basics of self defense including throws, joint locks, pressure points and sparring practice. Emphasis is on realistic and practical partner work. If you need a uniform, please see the instructor directly.

8 Sessions \$100

Instructor: Christopher Bowers

72176	White Oak CRC	1/13	M	6:30 p.m.-7:30 p.m.
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MARTIAL ARTS





MUSIC

SPECIAL INTEREST

Bagua

Ages 13 & Up: Bagua is a Chinese internal martial art that explores body mechanics, posture, mobility and breathing through circle walking. All ages and physical fitness levels welcome.

10 Sessions \$50

Instructor: Finding Your Breath

73711 Wheaton CRC 1/15 W 8 p.m.-9:30 p.m.

Naginata

Ages 13 & Up: Naginata is an ancient Japanese martial art that uses a wooden glaive. Students learn movement patterns and form to increase mobility, body mechanics and breathing. All ages and physical fitness levels welcome.

10 Sessions \$50

Instructor: Finding Your Breath

73710 White Oak CRC 1/14 Tu 7 p.m.-8:30 p.m.

VOVINAM

Classic Vovinam Martial Arts

Ages 8 & Up: Vovinam is a martial art developed by the Vietnamese. Learn defense using your hands, elbows, kicks, throws, escape and leveraging, joint locks, choke holds and submissions. Vovinam techniques are simple, effective, and artistic. Each session includes extensive warmups, fall breaks, rolling, strikes, kicks, blocks, forms, and sparring. This course prepares you for real life situations and you will train with partners of different sizes.

18 Sessions \$162

Instructor: Yanni Nguyen

72179 Plum Gar CRC 1/13 M,W 7 p.m.-8:30 p.m.

20 Sessions \$180

Instructor: Yanni Nguyen

72180 Long Branch CRC 1/14 Tu 6 p.m.-7:15 p.m.
Sa 11:45 a.m.-1 p.m.

Classic Vovinam Martial Arts - Advanced

Ages 8 & Up: Continue learning defense using your hands, elbows, kicks, throws, escape and leveraging, joint locks, choke holds and submissions in the Vovinam martial art style. Instructor permission is required for taking the advanced class.

20 Sessions \$180

Instructor: Yanni Nguyen

72181 Long Branch CRC 1/14 Tu 7:15 p.m.-9 p.m.
Sa 10 a.m.-11:45 p.m.

MUSIC

GUITAR

Learn Now Music: HeroeZ of Guitar

Ages 5-12: Be a hero on a guitar by learning to read musical symbols, play basic chords and even play some well-known songs. Instrument rental and materials included in price. For questions - CustomerService@LearnNowMusic.com.

9 Sessions \$244

Instructor: Learn Now Music

72801 Bauer Dr. CRC 1/15 W 7 p.m.-8 p.m.

PERFORMING ARTS

Learn to DJ

Ages 12 & Up: Come learn everything you need to know about DJ'ing from the basics of setting up the equipment to mixing, beat matching and basic scratching techniques. At the end of this course you will perform a 10 to 15 minute set in front of your peers and instructors to showcase what you've learned! All DJ equipment included.

6 Sessions \$240

Instructor: Craig Perry

73763 N. Potomac CRC 1/15 W 6:30 p.m.-7:30 p.m.

73764 Wheaton CRC 1/14 Tu 6:30 p.m.-7:30 p.m.

PIANO

Adult Group Piano I

Ages 17 & Up: Beginner level - Explore theory, technique and analysis of music through individual and ensemble practice and performance. Note reading, rhythm, beginning technique of five-finger position and harmonization of simple melodies are covered. Theory is taught at all levels in conjunction with music performed. You must have a piano or keyboard available for practice. Instructor reserves the right to reassign students to another level and/or combine programs to ensure an optimum learning environment for all. No previous musical background is needed. \$25 material fee included in cost.

7 Sessions \$137

Instructor: Judith Duerk-Habeck

73720 Holiday Park SC 1/13 M 1 p.m.-1:50 p.m.

10 Sessions \$220

Instructor: Joyce Oliver

73754 Holiday Park SC 1/14 Tu 9 a.m.-9:50 a.m.



Adult Group Piano II

Ages 17 & Up: Advanced Beginner level. Students should have a basic knowledge of reading music, playing easy rhythms and playing with both hands with the use of chords in the C and G hand positions. Covers progression toward playing in the major keys of C, G, and F and the minor keys of A and D.

7 Sessions \$112

Instructor: Judith Duerk-Habeck

73721 Holiday Park SC 1/13 M 2 p.m.-2:50 p.m.

10 Sessions \$215

Instructor: Joyce Oliver

73755 Holiday Park SC 1/14 Tu 10 a.m.-10:50 a.m.

Adult Group Piano III

Ages 17 & Up: Intermediate level - Some piano skills and knowledge of note reading, theory and rhythm patterns required. Improve your ability to move freely over the keyboard and develop rhythmic, harmonic and theoretical concepts. Major and minor scales are taught progressively. Duet, ensemble and solo literature will be performed in all classes.

7 Sessions \$112

Instructor: Judith Duerk-Habeck

73722 Holiday Park SC 1/13 M 3 p.m.-3:50 p.m.

10 Sessions \$215

Instructor: Joyce Oliver

73756 Holiday Park SC 1/14 Tu 11 a.m.-11:50 a.m.

Adult Group Piano IV

Ages 14 & Up: Advanced level. Continued development of performance techniques in advanced literature through the study of stylistic differences of master composers from various periods. Emphasis on duet and two piano literature as well as solo performance.

10 Sessions \$215

Instructor: Joyce Oliver

73757 Holiday Park SC 1/14 Tu 12 p.m.-12:50 p.m.

Exploring Music and Piano Level 1

Ages 6 & Up: This is a progressive program. Participants should plan to continue throughout the fall, winter and spring sessions in order to obtain optimum benefits. Digital pianos are provided in class. Adult participation is required, and children should have access to piano for practice outside of class. Material fee included in price.

7 Sessions \$185

Instructor: Geiza Dourado Carvalho

Level 1A - Ages 6-11

72808 Norwood LP 1/13 M 5 p.m.-6 p.m.

Level 1B - Ages 6 & Up

72809 Norwood LP 1/13 M 5:30 p.m.-6:30 p.m.

Exploring Music and Piano Level 2

Ages 5-11: This is a progressive program. Participants should plan to continue throughout the fall, winter and spring sessions in order to obtain optimum benefits. Digital pianos are provided in class. Adult participation is required, and children should have access to piano for practice outside of class. Material fee included in price.

7 Sessions \$185

Instructor: Geiza Dourado Carvalho

72810 Norwood LP 1/13 M 6:30 p.m.-7:15 p.m.

Learn Now Music: KeyZ to Piano

Ages 5-13: Children learn basic piano layout, technique, note names, fingerings and more in this introductory piano class. For questions - CustomerService@LearnNowMusic.com.

8 Sessions \$219

Instructor: Learn Now Music

72787 Mid-County CRC 1/13 M 6:30 p.m.-7:30 p.m.

9 Sessions \$244

Instructor: Learn Now Music

72800 Bauer Dr. CRC 1/15 W 7 p.m.-8 p.m.

72803 Wheaton CRC 1/16 Th 6 p.m.-7 p.m.

PLAYTIME & MUSIC

Discovering Music for Toddlers

Ages 1-3: Develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming and moving to different rhythms, playing simple percussion and melodic instruments. Adult participation required. Siblings of registered participants, 8 months old and up, must register and pay class fee. A material fee is included in the price.

7 Sessions \$140

Instructor: Geiza Dourado Carvalho

72117 Wheaton CRC 1/13 M 10 a.m.-10:45 a.m.

72119 Wheaton CRC 1/13 M 11 a.m.-11:45 a.m.

8 Sessions \$155

Instructor: Geiza Dourado Carvalho

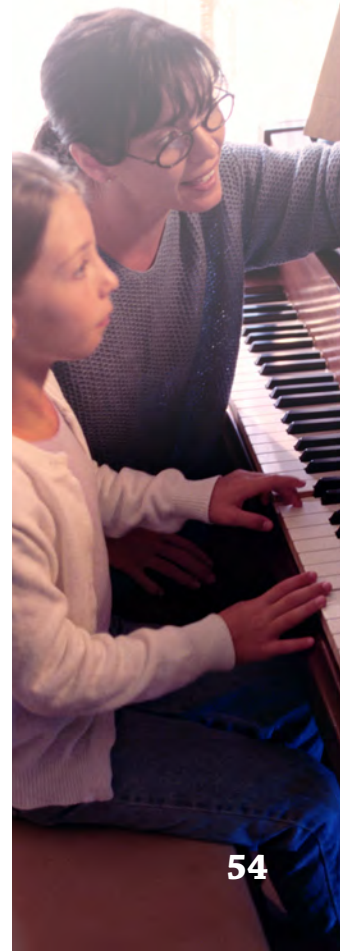
72118 Longwood CRC 1/15 W 10:10 a.m.-10:55 a.m.

72116 Potomac CRC 1/17 F 10:15 a.m.-11 a.m.

72115 Wisconsin Pl. CRC 1/14 Tu 10:15 a.m.-11 a.m.



MUSIC





MUSIC

Learn Now Music: My First Music Class

Ages 2-5: Students will explore fun topics such as the farm, cooks in the kitchen, the sea, birds, animals, parts of the body and other surprises. Students and parents will participate in language repetition speech development, greetings and goodbyes, verbal and physical counting, memory and reaction exercises, gross and fine motor skills, instrument manipulation handling, rhythm exercises, listening and melody development. Small manipulatives such as scarves, bean bags and small percussive instruments will be supplied and utilized in class. For more information contact LNM at 1-80.

8 Sessions \$159

Instructor: Learn Now Music

72199 N. Potomac CRC 1/13 M 10:30 a.m.-11 a.m.

72198 Bauer Dr. CRC 1/15 W 10:30 a.m.-11 a.m.

Mini Musicians, Movers & Shakers

Ages 2-5: Have fun while participating in activities that involve music and encourage socialization and cooperation. Play percussive instruments in a drum circle; sing; express yourself through movement; act out simple stories and rhymes; and dance, skip, and march around a colorful parachute. The instructor founded The Music in Me Foundation International, is an acclaimed children's picture book author and a professional entertainer for performs and teaches in schools throughout the area, television and venues such as The Kennedy Center for the Performing Arts.

8 Sessions \$150

Instructor: Music In Me Foundation International

72202 N. Potomac CRC 1/22 W 10:30 a.m.-11:15 a.m.

72203 Mid-County CRC 1/23 Th 9:30 a.m.-10:15 a.m.

Music Together

Ages 0-5: This fun, interactive family music experience includes a variety of musical styles, tonalities and rhythms. Activities include singing, chanting, props, instrument exploration, improvisation and large movement. Adults discover their power as role models for their children by having fun and making music regardless of their musical ability. Participants will receive an award-winning Music Together CD and songbook per family.

10 Sessions \$250

Instructor: Nancy Nuttle

72125 Mid-County CRC 1/11 Sa 10 a.m.-10:45 a.m.

72126 Mid-County CRC 1/11 Sa 11 a.m.-11:45 a.m.

VIOLIN

Learn Now Music: The Violinist Within

Ages 5-13: Students learn musical symbols and violin basics, including exercises, holding the bow and finding the balance point. Instrument rental and materials included in price. For questions - CustomerService@LearnNowMusic.com.

9 Sessions \$244

Instructor: Learn Now Music

72802 Longwood CRC 1/18 Sa 11 a.m.-12 p.m.

SCHOOL BREAK PROGRAMS

WINTER BREAK

Coach Doug Club Holiday Half-Day

Ages 3-12: This program offers all the fun of Coach Doug Club Holiday, for just the morning and including participants age 3 and 4.

5 Sessions \$140

Instructor: Coach Doug Academy

72206 Potomac CRC 4/6 M-F 8 a.m.-12:30 p.m.



Coach Doug Club Holiday Full Day

Ages 5-12: Club Holiday features sports, games, arts and crafts, plus time to visit with friends. Participants choose the activities they want to participate in based on their own needs.

5 Sessions \$249

Instructor: Coach Doug Academy
72204 Potomac CRC 4/6 M-F 8 a.m.-3:30 p.m.

Coach Doug Club Holiday p.m.

Ages 5-12: This program offers extended care and all the fun of Coach Doug Club Holiday.

5 Sessions \$39

Instructor: Coach Doug Academy
72208 Potomac CRC 4/6 M-F 3:30 p.m.-6 p.m.

STEAM

Entrepreneurs Club

Ages 10-13: If you like the show shark tank, this club is for you! Students select a business idea, learn to develop a business plan and make a pitch presentation on the last day. Students also role play as CEO's for leading companies and work in groups to make strategic recommendations to address real business issues. Students will enhance their problem solving skills, develop business savvy and cultivate a strategic mindset as future leaders.

8 Sessions \$189

Instructor: Spark Business Academy
73478 Potomac CRC 1/15 W 6 p.m.-7 p.m.

Money Matters

Ages 6-9: This innovative class on financial literacy lays the foundation for healthy financial habits early in life, empowering students with the mindset to start making sound financial decisions and develop into responsible global citizens. Role playing and fun activities keep students engaged. Topics include currencies of the world, budgeting 101, prices and bartering, career day and more!

8 Sessions \$189

Instructor: Spark Business Academy
73480 Potomac CRC 1/14 Tu 5 p.m.-6 p.m.

Stock Market Club

Ages 10-13: Come and learn how investors make (and lose) money in the stock market and how you can start investing successfully at a young age! In this hands on class, students use a cool stock trading simulation tool with real time market data to select a \$10,000 stock portfolio and learn the fundamentals of investing. A solid foundation for successful future investors!

8 Sessions \$189

Instructor: Spark Business Academy
73483 Potomac CRC 1/14 Tu 6 p.m.-7 p.m.

NATURAL SCIENCES

Gemology I Introductory

Ages 18 & Up: Want to know those gems you are wearing on your rings, necklaces, bracelets, brooches? Curious about how gemstones came to be? Beginning Gemology, organized around the Mohs' scale of hardness, is an introduction to gemstone study. Hands-on specimens and examples to examine during each class.

8 Sessions \$72

Instructor: Timothy Morgan
72406 Potomac CRC 1/16 Th 10 a.m.-12:15 p.m.

Gemology II Advanced

Ages 18 & Up: Prerequisite - Beginner or Intro class. Interested in gemstones, but already know a little something about them? Want to learn more? This class examines gemstones and gemstone groups with examples and hands-on specimens. Guest speaker and field trip possible.

8 Sessions \$72

Instructor: Timothy Morgan
72407 Potomac CRC 1/15 W 10 a.m.-12:15 p.m.



STEAM





STEAM

PLAYTIME & LANGUAGE

The Art of Handwriting Level 1

Ages 4-6: This fun handwriting clinic will use movement, music and multi-sensory strategies for students to work on grasp development, eye-hand coordination, letter and number formation, coloring, scissor skills, fine motor control and hand and finger strengthening skills. Students will work in small groups taught by licensed occupational therapist who are also handwriting specialists.

6 Sessions \$270

Instructor: The Art of Handwriting LLC
72410 N. Potomac CRC 2/4 Tu 5 p.m.-6 p.m.
72411 Ashburton ES 2/6 Th 5:30 p.m.-6:30 p.m.

Mama Goose on the Loose

Ages 6m-2: What a time for a rhyme! Enrich your child's language, large motor skills and social development with stories, games, music and movement. Price includes all materials. Adult participation required.

8 Sessions \$96

Instructor: Laura Lunking
72268 Mid-County CRC 1/21 Tu 10 a.m.-10:45 a.m.

Preschool Spanish

Ages 4-7: Classes are taught in a full immersion program using Comprehensible Input and Total Physical Response "TPRS" methodologies. All sessions are carefully planned with clear goals and objectives to ensure students learn key vocabulary and improve oral communication in a natural and fun way. Children will be participating in interactive, high energy games and activities that are attractive and age appropriate. No adult participation is required. A material fee is included in the price.

8 Sessions \$130

Instructor: Maria Rhoe
72104 Wheaton CRC 1/14 Tu 5 p.m. 5:50 p.m.
72100 Lawton CRC 1/16 Th 5 p.m.-5:50 p.m.
72101 Lawton CRC 1/18 Sa 11 a.m.-11:45 a.m.

Spanish Toddlers

Ages 1 1/2-3: Children will be fully immersed in the target language through songs, chanting, storytelling, and movement exercises in a circle time approach. All classes are taught using tangible material that is attractive and age appropriate. Adult participation is required. A material fee is included in the price.

8 Sessions \$130

Instructor: Maria Rhoe
72105 Wheaton CRC 1/14 Tu 4 p.m.-4:45 p.m.
72102 Lawton CRC 1/16 Th 4 p.m.-4:45 p.m.
72103 Lawton CRC 1/18 Sa 10 a.m.-10:45 a.m.

ENGINEERING

Animation using Minecraft®

Ages 6-9: Students will learn how characters move and look alive in movies and video games. They will be introduced to basic 2D and 3D animation techniques using Minecraft® characters and stages. Students will learn how animators work by completing a variety of short animation exercises and projects.

6 Sessions \$139

Instructor: C3 Cyber Club
69316 N Bethesda MS 9/24 Tu 6 p.m.-7 p.m.
69331 N Bethesda MS 9/24 Tu 7:15 p.m.-8:15 p.m.

Game Design

Ages 6-9: This class is specifically designed for younger children to cultivate their interest to become game designers, multimedia artists, engineers and more. Give your child the opportunity to see how indie games are made. In this exciting class, children will use 3D geometry to create their very own video game level. Students will create puzzles and challenges using jump pads, elevators, lava, and more. Students will acquire computer skills, mathematics, creativity and problem solving skills.

6 Sessions \$139

Instructor: C3 Cyber Club
69358 Wood MS 9/26 Th 6 p.m.-7 p.m.



Game Design Using Unreal®

Ages 10-15: Aspiring game designers will love this class as learn how to utilize the industry-standard game design software Unreal® Editor, among other software, used to create games such as Batman: Arkham Asylum® and Mass Effect 3®. Students will learn how to create exterior environments, and apply different procedures of modeling and texturing. Students create their own outdoor terrain using advanced tools such as terrain sculpting, particle creation, and dynamic lighting. Learn how to import pre-set 3D models, control dynamic lighting, add interactive vehicles and weapons.

6 Sessions \$139

Instructor: C3 Cyber Club

69359 Wood MS 9/26 Th 7:15 p.m.-8:15 p.m.

Minecraft Modding

Ages 6-9: Students will learn how to create their own custom gameplay items and elements using MCreator and Minecraft. Students will learn how to create artwork for various items and implement them into the game with custom behaviors while learning about texturing, logic flow, asset organization and custom event triggers. They can design their own custom block, food, biomes and more! Introduce your kids to mdding Minecraft today!

6 Sessions \$139

Instructor: C3 Cyber Club

73743 N. Bethesda MS 1/21 Tu 6 p.m.-7 p.m.

73744 N. Bethesda MS 1/21 Tu 7:15 p.m.-8:15 p.m.

Visual Programming Using Scratch

Ages 6-9: Software: Scratch 2.0 Skill Level: Beg.-Int. Introduce your child to the wonderful world of programming! In this class students will learn basic programming concepts using a simple drag-and-drop interface within the software Scratch, a project developed by the MIT Media Lab. Students will use their imaginations and implement creative thinking, while at the same time learning how to create and program simple games. Use pre made art assets or create your own, and learn how to program them, to walk, talk and interact with objects. Teach students logic and visual programming in order to create simple, 2D Video Game in Scratch 2.

6 Sessions \$139

Instructor: C3 Cyber Club

73745 Wood MS 1/23 Th 6 p.m.-7 p.m.

Visual Programming Using Scratch

Ages 10-15: Software: Scratch 2 Skill Level: Beg. In this course students will learn basic programming and logic flow and learn how to apply those concepts to create games. Using Scratch, a scripting language developed by MIT to give kids an easy entry into coding, students will go through the iterative process of creating a program or game from idea to completion. Successful students in this class will have completed 2D games they will be able to play and show off on most computers and will have mastered the skills they need to continue making games using scratch at home.

6 Sessions \$139

Instructor: C3 Cyber Club

73746 Wood MS 1/23 Th 7:15 p.m.-8:15 p.m.

NATURAL SCIENCES

Gemology I

Ages 18 & Up: Beginning gemology, organized around the Mohs' scale of hardness, is an introduction to gemstone study. Hands-on specimens and examples to examine during each class.

11 Session \$99

Instructor: Timothy Morgan

68890 Potomac CRC 9/19 Th 10 a.m.-12:15 p.m.

Gemology II

Ages 18 & Up: This class examines gemstones and gemstone groups with examples and hands-on specimens. Guest speaker and field trip possible. Prerequisite: Gemology I.

11 Session \$99

Instructor: Timothy Morgan

68892 Potomac CRC 9/18 W 10 a.m.-12:15 p.m.

71991 Ashburton ES 10/31 Th 5:30 p.m.-6:30 pm



STEAM





The SPORTS Pages

BADMINTON

Badminton - Intermediate

Ages 10 & Up: Students continue to learn individual badminton skills, body movement, concepts, tactics, strategies, history, rules, court etiquette, athletic psychology and competitive techniques of singles and doubles play in this intermediate class. The first class will be an assessment of the players' level. The instructor may reassign students to another level if necessary. Players are required to bring a badminton racquet.

9 Sessions \$131

Instructor: Yen-Ping Chao

73148 Praisner CRC 1/11 Sa 10 a.m.-12 p.m.

BASKETBALL

BasketBALLER Club

Ages 5-11: BasketBALLER Club focuses on fundamental skill development in a fun environment. Kids at the beginner level will receive instruction catered to their skill level and will learn the basics of offense and defense, including correct technique and form. For kids who are more advanced, the club will focus on building their skills. Coaches will referee scrimmages and enforce good sportsmanship.

8 Sessions \$130

Instructor: KIDspired LLC

73462 Clarksburg ES 1/13 M 3:40 p.m.-4:40 p.m.

73784 Little Bennett ES 1/14 Tu 3:40 p.m.-4:40 p.m.

73463 William B. ES 1/16 Th 3:40 p.m.-4:40 p.m.

Hoop Stars

Ages 6-8: Learn the basics of dribbling, passing, shooting, positioning, defense, and rebounding in a fun-oriented program. Following the instructional portion, players will apply skills in low competition games. Includes team T-shirt and award. Sessions are one hour each week within the listed timeframe.

6 Sessions \$95

Instructor: Jump Start Sports

72369 Chevy Chase ES 1/19 Su 2 p.m.-4 p.m.

KIDspired Dodge It

Ages 5-11: This active indoor club will focus on the classic game of dodgeball, without playing dodgeball. We will be playing, teaching and learning new versions of the classic game. Kids will learn how to dodge, ditch, duck and throw while playing active games with the coaches.

8 Sessions \$130

Instructor: KIDspired LLC

73788 Clarksburg ES 1/17 F 3:40 p.m.-4:40 p.m.

KIDspired Multi-Sports

Ages 5-11: Multi-Sports club focuses on the importance of exercise, speed and agility through games and challenges. Coaches are certified personal trainers and will focus on getting kids to enjoy being active. KIDspired programs are designed to build your child's self esteem, improve skills and promote an active lifestyle while having fun and making new friends.

8 Sessions \$130

Instructor: KIDspired LLC

73785 Clarksburg ES 1/15 W 3:40 p.m.-4:40 p.m.

Lil' Hoopers

Ages 3-5: Learn the basics of dribbling, passing, shooting, rebounding, and defense using gameplay and skills stations. Focus on the fundamentals of basketball and the concepts of teamwork.

8 Sessions \$100

Instructor: William Doyle

72145 Bannockburn ES 1/19 Su 12 p.m.-1 p.m.



Little Hoop Stars

Ages 3-5: Learn the basics of dribbling, passing, shooting, positioning, defense, and rebounding in a fun-oriented program. Following the instructional portion, players will apply skills in low competition games. Includes team T-shirt and award. Sessions are one-hour within the timeframe listed.

6 Sessions \$95

Instructor: Jump Start Sports

72375 Flower Valley ES 1/18 Sa 10 a.m.-12 p.m.

72374 Travilah ES 1/18 Sa 1:30 p.m.-3:30 p.m.

72376 Chevy Chase ES 1/19 Su 1 p.m.-2 p.m.

Men's Basketball League

Ages 18 & Up: Six weeks of regular season games plus two game guarantee playoffs, competing in a seeding tournament. Games are scheduled on the hour.

9 Sessions \$645

75571 Wheaton CRC 1/12 Su 6 p.m.

75572 Bauer Dr. CRC 1/12 Su 6 p.m.

75573 WJHS 1/12 Su 6 p.m.

75574 Tilden MS 1/22 W 6 p.m.

Men's Basketball Nights

Ages 18 & Up: Enjoy a friendly, organized, non-competitive men's league. Stay active and spend some time with your friends in this fun community activity. Each participant will receive a jersey. Basketballs will be provided.

10 Sessions \$100

Instructor: KIDspired LLC

73464 Wells, Hallie MS 1/13 M 8 p.m.-10 p.m.

Overtime Hoops Academy

Ages 6-8: Learn dribbling, passing, shooting, rebounding, and defense using gameplay and skills stations. Be ready to take that last second shot, make that extra pass, and block that go-ahead basket while learning the fundamentals of basketball and the concepts of teamwork.

8 Sessions \$100

Instructor: William Doyle

72146 Bannockburn ES 1/19 Su 1:15 p.m.-2:15 p.m.

72147 Bannockburn ES 1/19 Su 2:30 p.m.-3:30 p.m.

Pre-Season Basketball Skills & Conditioning I

Ages 11-14: This program will prepare young athletes for school team and AAU/Rising Star tryouts and in-season competitions. Learn tips and tricks to improve performance and compete for a spot on the team. Expert basketball development coaches will fine tune shot mechanics, fundamental ball-handling skills, individual defense principles, and team strategies.

2 Sessions \$99

Instructor: Coach Parker Basketball Academy

72243 Westland MS 3/14 Sa 9 a.m.-12 p.m.

72243 Wisconsin Place CRC 3/15 Su 9 a.m.-12 p.m.

Train Like a Pro Basketball

Ages 10-17: Develop elite basketball skills for boys and girls of all abilities. Coaches are former professional and college athletes who focus on position-specific fundamentals and advanced drill sequences for all phases of the game, game-simulation drills, scrimmages, and basketball-specific physical and mental conditioning.

6 Sessions \$125

Instructor: Fit 2 Believe

72152 Ross Boddy CRC 1/15 W 7 p.m.-8:30 p.m.

72153 N. Potomac CRC 1/18 Sa 3 p.m.-4:30 p.m.

Women's Drop-In Basketball

Ages 18 & Up: A non-competitive, drop-in basketball program, just for women. Teams will be created from the individual ladies that join the drop-in and play 11 minute games. Once the game is completed, a new game will begin and new teams created. A great way to meet new people and have fun. All skill levels encouraged.

10 Sessions \$60

75575 Wheaton CRC 1/12 Su 10 a.m.

5 Sessions \$30

75576 Wheaton CRC 1/12 Su 10 a.m.

75667 Wheaton CRC 2/16 Su 10 a.m.

FENCING

Fencing - Beginner I

Ages 8 & Up: For beginners to learn basic fencing and foil techniques. Foil, mask, and jacket provided. Instructor is former Olympian Gitty Mohebban and husband Mike. No age exceptions without instructor approval.

10 Sessions \$150

Instructor: Gitty Mohebban

72163 Germantown CRC 1/15 W 5:30 p.m.-6:30 p.m.

72164 Bauer Drive CRC 1/17 F 6:30 p.m.-7:30 p.m.



SPORTS





SPORTS

**Fencing - Beginner I / II**

Ages 8 & Up: For beginners to learn basic fencing and foil techniques. Foil, mask, and jacket provided. Instructor is former Olympian Gitty Mohebban and husband Mike. No age exceptions without instructor approval.

9 Sessions \$138

Instructor: Gitty Mohebban

72165 N. Potomac CRC 1/13 M 5:45 p.m.-6:45 p.m.

Fencing - Beginner II

Ages 8 & Up: Students must have taken "Fencing - Beginner I" with Instructor Mohebban or have approval from the instructor to enroll in this class. For advanced beginners to learn basic fencing and foil techniques. Foil, mask, and jacket provided. Instructor is former Olympian Gitty Mohebban and husband Mike. No age exceptions without instructor approval.

10 Sessions \$150

Instructor: Gitty Mohebban

72166 Germantown CRC 1/15 W 6:30 p.m.-7:30 p.m.

72167 Bauer Drive CRC 1/17 F 7:30 p.m.-8:30 p.m.

Fencing - Intermediate

Ages 8 & Up: Students learn more advanced fencing and foil techniques including riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lier, croise, and envelopment. No age exceptions without instructor approval. Foil, mask, and jacket provided. Instructor is former Olympian Gitty Mohebban.

10 Sessions \$150

Instructor: Gitty Mohebban

72168 Bauer Drive CRC 1/17 F 8:30 p.m.-9:30 p.m.

GOLF**Golf Swing Fundamentals**

Ages 18 & Up: If you want to give golf a try, now is your chance to learn the fundamentals. The golf swing motion is taught using everyday language and easy steps for long lasting results. Fundamentals include: grip, posture, stance and swing rhythm. Fee includes equipment. Class size is small (no more than 10 students) so you will have personal attention. Please wear athletic shoes. Sessions are taught by Mark J. Diley, PGA professional.

4 Sessions \$149

Instructor: Mark Diley

Ages 18 & Up

72269 Wheaton CRC 1/14 Tu 6:30 p.m.-7:30 p.m.

72271 Wheaton CRC 2/18 Tu 6:30 p.m.-7:30 p.m.

Ages 50 & Up

72270 Wheaton CRC 1/16 Th 10 a.m.-11 a.m.

GYMNASTICS**Gymnastics I**

Ages 5-6: This class will introduce students to tumbling, balance beam, bar and trampoline skills. Children will develop strength, coordination, flexibility, mental processing and self-confidence.

6 Sessions \$169

Instructor: Dobre Gymnastics Academy

72108 Dobre Gymnastics 1/14 Tu 5:15 p.m.-6:15 p.m.

72109 Dobre Gymnastics 1/15 W 5:15 p.m.-6:15 p.m.

72110 Dobre Gymnastics 1/17 F 5:15 p.m.-6:15 p.m.

Gymnastics II

Ages 7-12: This introduction to gymnastics utilizes all apparatus including floor, balance beam, vault, uneven bars and trampoline. Skills include cartwheel, roundoff and walkovers.

6 Sessions \$169

Instructor: Dobre Gymnastics Academy

72111 Dobre Gymnastics 1/14 Tu 6:30 p.m.-7:30 p.m.

72112 Dobre Gymnastics 1/15 W 6:30 p.m.-7:30 p.m.

72113 Dobre Gymnastics 1/16 Th 6:30 p.m.-7:30 p.m.

72114 Dobre Gymnastics 1/17 F 6:30 p.m.-7:30 p.m.



MULTI-SPORTS

Coach Doug Pre Wee Wanna Be

Ages 1 1/2 -3: Children get a great start in sports while working with their moms, dads or guardians. They will be introduced to agility training with soccer and other age appropriate sports through supervised play sessions. Adult participation required.

10 Sessions \$139

Instructor: Coach Doug Academy

72210 Germantown CRC 1/14 Tu 9:30 a.m.-10:15 a.m.

72211 Bauer Dr. CRC 1/15 W 9:30 a.m.-10:15 a.m.

72212 Potomac CRC 1/16 Th 9:30 a.m.-10:15 a.m.

Coach Doug Seasonal Sports

Ages 4-7: Join us as we build self-esteem, enhance cooperation and focus on skills and fitness. Each class focuses on a specific sport so children can comfortably develop their interests and abilities. Sports change each session and include agility training, soccer, tee ball, lacrosse and more. Adult participation not required.

10 Sessions \$139

Instructor: Coach Doug Academy

72213 Germantown CRC 1/14 Tu 4 p.m.-4:45 p.m.

72214 Potomac CRC 1/16 Th 4 p.m.-4:45 p.m.

72215 Oakland Terrace ES 1/18 Sa 11 a.m.-11:45 a.m.

Coach Doug We Wanna Be

Ages 2-5: Kids and their parents/guardians will be introduced to agility training, soccer, tee ball, lacrosse and other seasonal sports through supervised, non-competitive play sessions. Each child can participate at his or her own pace.

10 Sessions \$139

Instructor: Coach Doug Academy

72219 Potomac CRC 1/16 Th 10:30 a.m.-11:15 a.m.

72223 Germantown CRC 1/14 Tu 10:30 a.m.-11:15 a.m.

72220 Bauer Dr. CRC 1/15 W 10:30 a.m.-11:15 a.m.

72221 Oakland Terrace ES 1/18 Sa 9:30 a.m.-10:15 a.m.

72222 Oakland Terrace ES 1/18 Sa 10:15 a.m.-11 a.m.

DSC Futsal Youth League

Ages 6-17: Players will have a great time improving technical foot skills, speed, coordination and agility with the ball through an eight week program of indoor futsal games. Participants will be paired with other players of similar ages to play fast-paced games against other teams. Each team will stay together for the duration of the season, get to compete and rank in local standings, and learn from the game in a safe, low-to-no contact environment. The games are played two 20-minute halves with a five minute half-time and feature licensed futsal referees.

8 Sessions \$100

Instructor: Damascus Soccer Club

68691 Damascus CRC 1/5 Su 12 p.m.-7 p.m.

and Germantown CRC

PICKLEBALL

Pickleball Class Beginners

Ages 18 & Up: Learn various serves, drills and techniques on returns, different shots, volley and dinks. Topics like game strategy and how to improve with your partner also covered. At the conclusion of your three-day session, individuals will have greater understanding of the game and will be ready to participate at a better level in the drop-in programs or leagues.

3 Sessions \$24

75532 Praisner CRC 1/14 Tu 10:30 a.m.-11:30 a.m.

75533 Praisner CRC 2/11 Tu 10:30 a.m.-11:30 a.m.

75547 Praisner CRC 3/10 Tu 10:30 a.m.-11:30 a.m.

3 Sessions \$27

73475 White Oak CRC 1/8 W 1:30 p.m.-3 p.m.

73484 Potomac CRC 1/9 Th 12:30 p.m.-2 p.m.

73476 White Oak CRC 2/5 W 1:30 p.m.-3 p.m.

73485 Potomac CRC 2/6 Th 12:30 p.m.-2 p.m.

73477 White Oak CRC 3/4 W 1:30 p.m.-3 p.m.

73486 Potomac CRC 3/5 Th 12:30 p.m.-2 p.m.

3 Sessions \$60

75557 Wheaton CRC 1/8 W 6 p.m.-7:15 p.m.

75559 Bauer Dr. CRC 2/24 M 6 p.m.-7:30 p.m.



SPORTS





SPORTS

**Pickleball Skills & Drills**

Ages 18 & Up: This class is for advanced beginners that know how to volley, keep score and have good knowledge of the game. You will learn various serves, drills and techniques on returns, different shots, volley and dinks. Topics like game strategy and how to improve with your partner also covered. At the conclusion of your three-day session, individuals will have great understanding of the game and will be ready to participate at a better level in the drop-in programs or leagues.

3 Sessions \$27

73469	N. Potomac CRC	1/6	M	1 p.m.-2:30 p.m.
73472	East County CRC	1/8	W	10:30 a.m.-12 p.m.
73479	Ross Boddy NRC	1/9	Th	10 a.m.-11:30 a.m.
73473	East County CRC	2/5	W	10:30 a.m.-12 p.m.
73481	Ross Boddy NRC	2/6	Th	10 a.m.-11:30 a.m.
73470	N. Potomac CRC	2/10	M	1 p.m.-2:30 p.m.
73474	East County CRC	3/4	W	10:30 a.m.-12 p.m.
73482	Ross Boddy NRC	3/5	Th	10 a.m.-11:30 a.m.
73471	N. Potomac CRC	3/16	M	1 p.m.-2:30 p.m.

3 Sessions \$60

75558	Wheaton CRC	1/8	W	7:30 p.m.-8:45 p.m.
75558	Bauer CRC	2/24	M	7:30 p.m.-9 p.m.

Pickleball Leagues

Ages 18 & Up: This is a four-week, competitive adult pickleball league. The league consists of doubles pool play during the regular season. Doubles teams will consist of any type of doubles (men/men, women/women or mix). Teams will play five games each night to 15 points or 14 minutes. Teams will compete against each other in league play and standings will be recorded. No playoffs for these leagues. Complete season schedule will be provided to all participants prior to start date.

4 Sessions \$30**Advance Beginner - Individual**

75563	Bauer Dr. CRC	1/13	M	6 p.m.-10 p.m.
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4 Sessions \$60**Advance Beginner - Team**

75562	Bauer Dr. CRC	1/13	M	6 p.m.-10 p.m.
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6 Sessions \$50**Ladder League - Beginner 2.0**

75567	Wheaton CRC	2/5	W	6 p.m.-9 p.m.
75564	Bauer Dr. CRC	3/23	M	6 p.m.-10 p.m.

Ladder League - Intermediate 2.5-3.5

75568	Wheaton CRC	2/5	W	6 p.m.-9 p.m.
75565	Bauer Dr. CRC	3/23	M	6 p.m.-10 p.m.

Ladder League - Expert 3.5+

75566	Bauer Dr. CRC	3/23	M	6 p.m.-10 p.m.
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8 Sessions \$30**Ladder League - All Levels**

75570	East County CRC	1/24	F	Noon-3 p.m.
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SOCCER**Coach Doug Soccer**

Ages 3-6: Learn fundamental soccer skills, soccer rules and playing strategies. By concentrating on soccer, children have a greater opportunity to comfortably develop individual skills in a team environment. Adult participation not required.

10 Sessions \$139

Instructor: Coach Doug Academy

72216	Germantown CRC	1/14	Tu	5 p.m.-5:45 p.m.
72217	Potomac CRC	1/16	Th	5 p.m.-5:45 p.m.
72218	Oakland Terrace ES	1/18	Sa	11:45 a.m.-12:30 p.m.

Hummingbirds Indoor Soccer

Ages 3-6: Participants learn the basics of soccer: dribbling, passing, trapping, shooting, defense and positioning. Each session consists of instruction in all aspects of the game, with fun drills and non-competitive games. All coaching will be conducted by Jump Start Sports. Includes team T-shirt and award.

6 Sessions \$90

Instructor: Jump Start Sports

Ages 3-4

72371	Wheaton CRC	1/18	Sa	10 a.m.-11 a.m.
72387	Praisner CRC	1/18	Sa	10 a.m.-11 a.m.

Ages 5-6

72370	Wheaton CRC	1/18	Sa	11 a.m.-12 p.m.
72384	Praisner CRC	1/18	Sa	11 a.m.-12 p.m.

Soccer Petite

Ages 3-5: Soccer Petite is the perfect introduction to the world's most popular sport. Our unique games based approach to teaching soccer provides every child the opportunity to develop motor skills, social skills, coordination and general athletic ability.

6 Sessions \$120

Instructor: UK Elite Soccer

72132	Bauer Dr. CRC	1/19	Su	10 a.m.-10:45 a.m.
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Soccer Petite Parent and Child

Ages 2-3: Soccer Petite is the perfect introduction to the world's most popular sport. Our unique games based approach to teaching soccer provides every child the opportunity to develop motor skills, social skills, coordination and general athletic ability.

6 Sessions \$110

Instructor: UK Elite Soccer

72133	Bauer Dr. CRC	1/19	Su	9 a.m.-9:45 a.m.
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Train Like a Pro Indoor Soccer

Ages 10-17: Elite soccer skills development training featuring core soccer training methods that have been created to accelerate individual development and on-field production. Coaches are former professional and college athletes that focus on position-specific fundamentals and advanced drill sequences for all phases of the game. Training sessions will have game-simulation drills and scrimmages, as well as soccer-specific physical conditioning and mental conditioning. Participants will receive a T-shirt. For boys and girls of all ability levels.

6 Sessions \$125

Instructor: Fit 2 Believe

72158 Wheaton CRC 1/16 Th 7 p.m.-8:30 p.m.

TABLE TENNIS

Table Tennis / Ping Pong

Ages 7-18: Develop your table tennis skills from professional coaches at the Maryland Table Tennis Center. Class covers all aspects of the game including rules, equipment, strokes (forehand, backhand, pushing, blocking, looping, smashing), footwork and serving. Classes will be roughly two-thirds instructional and one-third games.

10 Sessions \$179

Instructor: Maryland Table Tennis Center

72107 MD Table Tennis 1/16 Th 6:30 p.m.-7:30 p.m.

ULTIMATE FRISBEE

Adult Ultimate Frisbee Indoor League

Ages 18 & Up: Adult Co-ed Indoor Ultimate Frisbee league played in a gymnasium. The play is fast paced and non-stop. Regular season consists of seven weeks with two weeks of playoff games to follow.

9 Sessions \$40

Instructor: Washington Area Frisbee Club

Men

72186 Wisconsin Pl. CRC1/13 M 7 p.m.-10 p.m.

Women

72187 Wisconsin Pl. CRC1/13 M 7 p.m.-10 p.m.

Ultimate Frisbee High School League

Ages 15-18: This indoor Ultimate Frisbee league is open to high school players of all skill levels looking to keep their skills sharp during the winter. Coaches will oversee and organize weekly games. This program is co-ed and requires no experience. All supplies are provided. Bring athletic clothing, sneakers and a water bottle.

6 Sessions \$40

Instructor: American Ultimate Academy

73149 Wheaton CRC 1/17 F 8:30 p.m.-10 p.m.

Ultimate Frisbee Introductory League

Ages 6-10: This is a non-contact, co-ed sport designed for new players. Over six weeks, players will learn the basics of the sport through fun mini-games. All supplies are provided. Bring a water bottle, sneakers and athletic clothing.

6 Sessions \$40

Instructor: American Ultimate Academy

73150 Wheaton CRC 1/17 F 6 p.m.-7 p.m.

Ultimate Frisbee Middle School League

Ages 10-14: This league is open to middle school players of all skill levels looking to keep their skills sharp during the winter. Coaches will oversee and organize weekly games. This program is co-ed and requires no experience. All supplies are provided. Bring athletic clothing, sneakers and a water bottle.

6 Sessions \$40

Instructor: American Ultimate Academy

73151 Wheaton CRC 1/17 F 7 p.m.-8:30 p.m.

VOLLEYBALL

Introductory Volleyball

Ages 7-12: Learn fundamentals of volleyball including serves, sets, spikes, blocks, returns, positioning, and team strategy. Includes team T-shirt.

6 Sessions \$95

Ages 7-9

Instructor: Jump Start Sports

72372 Longwood CRC 1/18 Sa 10 a.m.-11 a.m.

Ages 10-12

72373 Longwood CRC 1/18 Sa 11 a.m.-Noon



SPORTS





THERAPEUTIC RECREATION PROGRAMS AND INCLUSION SERVICES

Montgomery County Recreation welcomes and encourages individuals with disabilities to participate in Therapeutic Recreation Programs and/or Inclusion Services.

Therapeutic Recreation programs are designed for people with disabilities. Therapeutic Recreation groups are smaller than those in general recreation programs and the staff is trained to work with individuals with disabilities. The programs provide skill development and leisure education while encouraging participation and socialization. Available activities include aquatics, arts, general fitness, sports and special events.

Inclusion Services provide accommodations such as sign language interpreters, large print, hearing aids and companions support to facilitate equal access to general recreation programs. To request accommodations call 240-777-6870 or email rec.mainstream@montgomerycountymd.gov. Placements are limited and are not guaranteed. Personal care is not provided for any program. If you plan to bring a personal care assistant, please let us know.

Cooking

Creative Cooking

Ages 6 & Up: Let's get cooking and creating! This class is for an individual with a disability and one family member to cook together. Yummy creations that will satisfy your tummies! All food ingredients supplied. Cost includes one participant and one parent/guardian.

1 Session \$10

Ages 13-22

74210 Holiday Park SC 1/11 Sa 1 p.m.-2:30 p.m.

Ages 18 and up

74211 Holiday Park SC 1/25 Sa 1 p.m.-2:30 p.m.

Ages 6-12

74212 Holiday Park SC 2/8 Sa 1 p.m.-2:30 p.m.

General Fitness

Cardio 'n Core

Ages 13 & Up: Get fit through movement, stretching, and aerobics to improve your cardio and strengthen your core.

8 Sessions \$40

74184 Damascus CRC 1/9 Th 7 p.m.-8 p.m.

Stretch 'n Tone

Ages 15 & Up: Tone your muscles and encourage flexibility through stretching exercises. This class is ideal for beginners.

8 Sessions \$40

74616 Wheaton CRC 1/6 M 7 p.m.-8 p.m.

74195 Potomac CRC 1/7 Tu 7 p.m.-8 p.m.

74196 Damascus CRC 1/9 Th 6 p.m.-7 p.m.

Turn the Beat Around

Ages 13 & Up: Introduction to basic rhythm and movement for social dancing. Learn fun group dances and line dances for all occasions.

8 Sessions \$40

74216 Holiday Park SC 1/11 Sa 11 a.m.-11:50 a.m.

74217 East County CRC 1/8 W 7 p.m.-7:50 p.m.

TR Zumba

Ages 7 & Up: Every class is a party! Experience the fitness craze of Zumba! An exciting mix of Latin and international rhythms with aerobic dance moves. Dress in comfortable clothing and shoes for active movement.

8 Sessions \$40

Ages 7-12

74215 Holiday Park SC 1/11 Sa 12 p.m.-12:45 p.m.

Ages 13 & Up

74213 Upper County CRC 1/9 Th 7 p.m.-7:50 p.m.

74214 Holiday Park SC 1/11 Sa 10 a.m.-10:50 a.m.

Moving with Mike

Ages 18 & Up: This is a class for people who want to get a work out while seated. It is designed for individuals with mobility issues but its great for anyone who wants to maintain joint flexibility and muscle strength in a small supportive group setting. Discussions will focus on ways to keep exercising outside of the class.

8 Sessions \$50

Instructor: Mike Alalof

74190 Germantown CRC 1/12 Su 1 p.m.-2 p.m.

Karate for Individuals with Disabilities

Ages 6 & Up: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor coordination. Classes will include stretching, arm and leg movements and drills. Wear loose fitting clothes or white GI (uniform). New students attend 9am class.

8 Sessions \$75

Instructor: TKA, Inc.

74188 Holiday Park SC 1/11 Sa 9 a.m.-9:45 a.m.

74189 Holiday Park SC 1/11 Sa 10 a.m.-10:45 a.m.

Arts

Handbuilt Pottery

Ages 18 & Up: Hand building techniques include decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. One staff to eight participants. No personal care provided. Material fee included in price.

6 Sessions \$75

Instructor: Pamela Reid

74186 White Oak CRC 1/22 W 10:30 a.m.-11:30 a.m.

74187 White Oak CRC 1/22 W 1:30 p.m.-2:30 p.m.

Kaldeiscope Art Workshops

Ages 13 & Up: Use various materials to create one-of-a-kind art. Come create, socialize and show off your work to others! Participants should be able to follow simple instructions, understand basic rules and express wants and needs. No personal care provided.

4 Sessions \$24

75087 Plum Gar CRC 1/11 Sa 11 a.m.-12:30 p.m.

75088 Holiday Park SC 1/18 Sa 1 p.m.-2:30 p.m.

Imaginative Art

Ages 15 & Up: Time to use your imagination! This art class will get you to think about new and exciting ways to make art. Each week you will work on a new project to take home that you made yourself. Join the fun!

8 Sessions \$48

76029 N Potomac CRC 1/6 M 7 p.m.-8:30 p.m.



THE THERAPEUTIC RECREATION



Sports

TR Basketball League

Ages 18 & Up: Basketball League for teens and adults, ages 18 & older, with developmental disabilities. Team registration is required! A registration form must be submitted for each participant. Each agency must provide a Team Manager/Coach to oversee individual practices and official league game days.

8 Sessions \$42

74194 Mid-County CRC 1/19 Su 12 p.m.-3 p.m.

Therapeutic Recreation Programs

Drumming - Rock Out

Ages 15 & Up: Rock out with drumsticks to the beat of great music. Get creative with the rhythm using drums, boxes, balls, or cans. Drumsticks are provided or bring your own. No experience necessary. One staff to seven participants.

8 Sessions \$40

74185 Bauer Dr. CRC 1/9 Th 7 p.m.-8 p.m.

TR BIG Game Nights

Ages 13 & Up: Play oversized board games, gym games, group games, bingo, and more, every second and fourth Friday of the month. Themes make each night a new adventure:

1/10: New Year Celebration Night - wear bright colors to celebrate 2020.

1/24: Super Fan Night - wear your favorite team jersey.

2/14: Sweetheart Celebration Night - wear red to celebrate Valentines Day.

2/28: Pajama Night - wear pajamas, robes and slippers.

3/13: Freaky Friday Night - wear crazy socks and hats.

5 Sessions \$40

74209 Bauer Dr. CRC 1/10 F 7 p.m.-9:30 p.m.

TGIF-Family Nights

Ages 5 & Up: TGIF- Totally Great Inclusive Fun - for families and friends of individuals with disabilities. Enjoy ZamDance and games and the opportunity to network with other families. Third Friday of the month. No personal care provided. Parent/caregiver admitted free with registered participant; all others must register separately.

1 Session \$5

74198 Bauer Dr. CRC 1/17 F 6:30 p.m.-8:30 p.m.

74199 Bauer Dr. CRC 2/21 F 6:30 p.m.-8:30 p.m.

74200 Bauer Dr. CRC 3/20 F 6:30 p.m.-8:30 p.m.

TGIF-Totally Great Inclusive Fun - First Fridays

Ages 15 and up: TGIF- Totally Great Inclusive Fun! Start the night with ZamDance! Followed by snack and group activity. First Friday of the month is an opportunity to exercise and make new friends! Collaboration program with Upcounty Community Resources! 1 staff to 12 participants; personal care not provided but caregivers are welcome. Collaboration program with Upcounty Community Resources!

1 Session \$10

74201 Bauer Dr. CRC 1/3 F 6:30 p.m. - 8:30 p.m.

74202 Bauer Dr. CRC 2/7 F 6:30 p.m. - 8:30 p.m.

74203 Bauer Dr. CRC 3/6 F 6:30 p.m. - 8:30 p.m.

Aquatics

TR Adult Social Swim

Ages 18 & Up: Adapted aquatics and exercise in a group setting. Have fun, meet new friends and get some exercise one staff to seven participants. No personal care provided.

8 Sessions \$40

74205 MLK 1/14 Tu 7:45 p.m.-8:45 p.m.

74206 GISC 1/15 W 8:30 p.m.-9:30 p.m.

74207 OSC 1/17 F 7:15 p.m.-8 p.m.

74208 OSC 1/17 F 8:15 p.m.-9 p.m.

Therapeutic Recreation



Weekend Adult Social Clubs

Looking to meet new people – we've got it. Looking to take some fun group trips – we've got it. Looking for a place to hang out with your friends – we've got it. You are welcome to register for more than one club to give you more weekend social opportunities.

Weekend Adult Social Club membership fees are \$40 each for the year - October 2019 thru June 2020. Activity fees are not included in the membership fee. Activity fees range from free (game night) to \$60 (dinner theatre). Club trips depart from the Montgomery County Recreation Administrative Office.

Therapeutic Recreation Social Clubs offer the opportunity for individuals with disabilities (18 & Up) to participate in leisure activities in community recreation centers and/or in the community. Get out of the house and make new friends. Choose a club that fits your style. Game nights, theme parties, craft workshops are center based. Ball games, hiking and hayrides are for the more active individual. Staff ratios vary by club.

Call our Therapeutic Recreation staff at 240-777-6870 to discover the club that's right for you. We look forward to meeting you.

Lunar New Year

Saturday, January 25, 2020
6:30-9:30 p.m.
 Holiday Park Senior Center

Ages 15 and Up with disabilities. Celebrate the start of the Chinese New Year. Enjoy a DJ, dancing, games, pizza and other refreshments. Pre-registration encouraged.

Activity 74191 COST: \$10

READY, SET, LEAP!

Saturday, February 29, 2020
6:30-9:30 p.m.
 Holiday Park Senior Center

Ages 15 and up with disabilities. Get off your seat and leap to the beat. This year we get an extra day to party. Enjoy a DJ, dancing, games, pizza and other refreshments. Pre-registration encouraged.

Activity 74192 COST: \$10

Jailhouse Rock

Saturday, March 28, 2020
6:30-9:30 p.m.
 Holiday Park Senior Center

For ages 15 and up with disabilities. Elvis is back. Roll up your jeans and get ready to be All Shook Up. Enjoy a DJ, dancing, games, pizza and other refreshments. Pre-registration encouraged.

★ Activity 74193 COST: \$10



55+ Active Adult Programs

Winter 2019-2020

Montgomery County Recreation has many ways for independent adults, 55 and over to stay active and healthy. Whether you are still working, semi-retired, or fully retired, we have a large variety of programs, activities, classes, and events for you to choose from. For a full listing of activities visit www.mocorec.com or call 240-777-4925.

Damascus Senior Center

M-F: 9 a.m.-4 p.m.
9701 Main Street, Damascus
240-777-6995

Holiday Park Senior Center

M-F: 8:45 a.m.-4 p.m.
3950 Ferrara Drive, Wheaton
240-777-4999

Long Branch Senior Center

M-F: 9:30 a.m.-2:30 p.m.
8700 Piney Branch Road, Silver Spring
240-777-6975

Margaret Schweinhaut Senior Center

M-F: 8:15 a.m.-4 p.m.
Sat: 9 a.m.-3 p.m.
1000 Forest Glen Road, Silver Spring
240-777-8085

North Potomac Senior Center

M-F: 9 a.m.-3 p.m.
13850 Travilah Road, Rockville
240-773-4805

White Oak Senior Center

M-F: 9 a.m.-3 p.m.
1700 April Lane, Silver Spring
240-777-6944



55+ PROGRAMS

White Oak Senior Center

Senior Thanksgiving Event

Tuesday, November 19

11 a.m. – 1 p.m.

Join us for a great event that includes a light meal and live music. Free.

Margaret Schweinhaut Senior Center

Holiday Party

Tuesday, December 17

Noon-2 p.m.

Annual holiday luncheon & music. Sopranoist Harper Denhard will be singing classic holiday music to get you in the mood for your holiday festivities. Registration is required by calling 240-777-8085. Free.

Damascus Senior Center

Christina Drapkin Holiday Celebration

Tuesday, December 17

Noon-2 p.m.

Enjoy a performance of holiday jazz music. \$2.

Long Branch Senior Center

Jingle Bell Breakfast and Gift Making

Wednesday, December 18

10:30 a.m. – Noon

Enjoy holiday music and a delicious continental breakfast. Free.

Holiday Park Senior Center

Chinese New Year

Thursday, January 23

1 p.m.

An amazing display of traditional dances, costumes, and music to celebrate the Year of the Rat. Free.

MARYLAND SENIOR OLYMPICS



Montgomery County Recreation is the host agency for the Maryland Senior Olympics with many of the events happening right here in Montgomery County. MSO is celebrating 40 years in 2020. It's also qualifying year for the National Senior Olympics in Ft. Lauderdale in 2021. Events run from May to October. Visit www.mdseniorolympics.com or call 240-777-4930 for 2020 event details and registration information.



55+ PROGRAMS

55+ ACTIVE ADULT PROGRAM HIGHLIGHTS

Montgomery County Recreation offers a variety of senior programs at thirteen recreation center locations throughout the county. Please call the center nearest you for more information, view the monthly newsletters on our website, or call 240-777-4925 for general program information. Each center offers a variety of programming including sports, exercise, games, concerts and special events. Locations that include a nutrition lunch program are designated with an *. Locations with limited transportation on program meeting days are designated with +.

Bauer Drive CRC

Monday and Wednesday, 10 a.m.-3 p.m.
14625 Bauer Drive, Rockville
240-777-6922

Clara Barton NRC

Monday and Wednesday, 10 a.m.-3 p.m.
7425 MacArthur Blvd., Cabin John
240-777-4910

Clarksburg Park Activity Building

Wednesday, noon-3 p.m.
22501 Wims Road, Clarksburg
240-777-4925

Gwendolyn E. Coffield CRC

Tuesday and Thursday, 10 a.m.-1 p.m.
2450 Lyttons Road, Silver Spring
240-777-4900

East County CRC * +

Tuesday and Friday, 10 a.m.-2 p.m.
3310 Gateshead Manor Way, Silver Spring
240-777-8093

Germantown CRC+

Monday and Thursday, 10 a.m.-2 p.m.
18905 Kingsview Road, Germantown
240-777-8098

Jane E. Lawton CRC

Tuesday and Thursday, 10 a.m.-2 p.m.
4301 Willow Lane, Chevy Chase
240-777-6855

Longwood CRC

Monday and Wednesday, 10 a.m.-2 p.m.
19300 Georgia Ave., Brookeville
240-777-6920

Marilyn J. Praisner CRC+

Tuesday and Thursday, 10 a.m.-2 p.m.
14906 Old Columbia Pike, Burtonsville
240-777-4970

Mid-County CRC*

Tuesday and Thursday, 10 a.m.-2 p.m.
2004 Queensguard Road, Silver Spring
240-777-6820

Plum Gar CRC

Tuesday and Friday, 10 a.m.-2 p.m.
19561 Scenery Drive, Germantown
240-777-4919

Potomac CRC

Tuesday and Friday, 10 a.m.-1:30 p.m.
11315 Falls Road, Potomac
240-777-6960

Ross Boddy NRC

Tuesday and Thursday, 10 a.m.-2 p.m.
18529 Brooke Road, Sandy Spring
240-777-8050

Senior Sneaker Exercise Program



Montgomery County Recreation's popular Senior Sneaker program gives adults 55+ access to quality

exercise and weight rooms across the county for a membership fee of just \$50 annually. Members can use the exercise and weight rooms at any of our centers anytime during normal operating hours.

* Includes a nutrition lunch program.

+ Limited transportation available on program meeting days.

Countywide Programs 240.777.6870

Follow us on Facebook and Twitter!



Senior Sports Activities

Montgomery County Recreation offers many opportunities for individuals 55+ to participate in volleyball, basketball, badminton, pickleball, table tennis, billiards and other individual and team sports. Drop-in gym programs require an open gym pass for just \$30 a year. Several locations also offer league play co-sponsored by the Montgomery County Senior Sports Association (MCSSA). Call 240-777-6810 for more information on league play. Aquatics also offers many programs and classes for 55+ individuals. Call 240-777-6860 for more information on aquatics programs.

Open Gym Badminton

Damascus CRC

Thursday, 6-7 p.m.

Saturday, 12-2 p.m.

Potomac CRC

Saturday, 2-5 p.m.

(Until November 10)

Praisner CRC

Tuesday, 6:15-8:45 p.m.

North Potomac CRC

Thursday, 9 a.m.-noon

Thursday, 6:15-8:45 p.m.**

Open Gym Basketball

Bauer CRC

Tuesday & Thursday,

9 a.m.-12 p.m.

Coffield CRC

Tuesday, Wednesday, Thursday

9:30 a.m.-noon

Damascus CRC

Monday, 7:30-8:50 p.m.*

Potomac CRC

Monday, 8-8:50 p.m.

Sunday, noon-4:50 p.m.

Praisner CRC

Monday-Thursday, 1-3 p.m.

Wednesday, 6:15-8:45 p.m.

Friday, 12-3 p.m.

Saturday, 10 a.m.-2:50 p.m.

North Potomac CRC

Monday, 6:15-8:45 p.m.**

Wednesday, 9 a.m.-noon

North Potomac CRC: Women

Friday, 9-11 a.m.

Open Gym Pickleball

Bauer Drive CRC

Monday, 12:30-2:30 p.m.

Friday, 10:15 a.m.-12:15 p.m.

(Instructional),

Clara Barton CRC

Monday, noon-1:30 p.m.

Friday, 11 a.m.-12:30 p.m.

Damascus CRC*

Tuesday, Thursday, Saturday

10:30 a.m.-12:30 p.m.

East County CRC*

Friday, 12:30-2:30 p.m.

Germantown CRC

Sunday, noon-2 p.m.

Good Hope NRC

Wednesday, 6-9 p.m.

Jane E. Lawton CRC

Monday, 10 a.m.-noon

(beginners/introduction) Thursday,

12:30-2:30 p.m.

Friday, 10 a.m.-2 p.m.

Long Branch CRC

Friday, 10 a.m.-1 p.m.

Longwood CRC

Tuesday, 10 a.m.-noon Thursday,

12:30 p.m.-2:30 p.m.

Mid-County CRC

Monday and Wednesday, Noon-

2:30 p.m.

Thursday 6-8:45 p.m.**

North Potomac CRC

Monday, 9 a.m.-noon

Monday, 6:15-8:45 p.m.**

Plum Gar CRC

Wednesday, 6:30-8:55 p.m.

Potomac CRC

Monday, 6-7:50 p.m.

Tuesday, 10:30 a.m.-2 p.m.**

Friday, 11:30 a.m.-2 p.m.

Praisner CRC

Monday, 6:15-8:45 p.m.**

Tuesday, 10:30 a.m.-1 p.m.*

Ross Boddy NRC

Monday and Wednesday, 12:30-

2:30 p.m.

Tuesday, 6-8:30 p.m.

Schweinhaut SC

Monday, noon-1:45 p.m.

(Intermediate) Friday,

10:30 a.m.-12:30 p.m. (Beginner)

White Oak SC

Tuesday, Friday 6-9 p.m.

Thursday, 10 a.m.-2 p.m.

Open Gym Sports

Damascus SC

During Center Hours

Holiday Park SC

During Center Hours

Longwood CRC

Monday, noon-3 p.m.

Tuesday, 12:30-3 p.m.

Schweinhaut SC

During Center Hours

Open Gym Table Tennis

Clara Barton SC

Tuesday and Thursday,

2:30-4 p.m.

Holiday Park SC

During Center Hours

North Potomac CRC

Tuesday, 6:15-8:45p.m.**

Wednesday, 9:30 a.m.-noon

Plum Gar CRC

Friday, 9-11:30 a.m.

Schweinhaut SC

Monday, noon-1:45 p.m. Friday,

10:30 a.m.-12:30 p.m.

White Oak SC

Monday- Friday, 9 a.m.- 3 p.m.

Open Gym Volleyball

Bauer Drive CRC

Monday, Wednesday

10:30 a.m.-12:30 p.m.

Coffield CRC

Thursday 9:30 a.m.-noon

Damascus CRC

Monday, 6:15-7:15 p.m.*

Mid-County CRC

Friday, noon-2 p.m.

North Potomac CRC

Tuesday, 9 a.m.-noon

Tuesday, 6:15-8:45 p.m.**

Potomac CRC

Sunday, 9:30-11:30 a.m.

White Oak CRC

Monday, 10:30 a.m.-1:30 p.m.

Billiards

Damascus SC

During center hours

Damascus CRC

10:30 a.m.-1:30 p.m. (daily)

Holiday Park SC

During center hours

Schweinhaut SC

During center hours

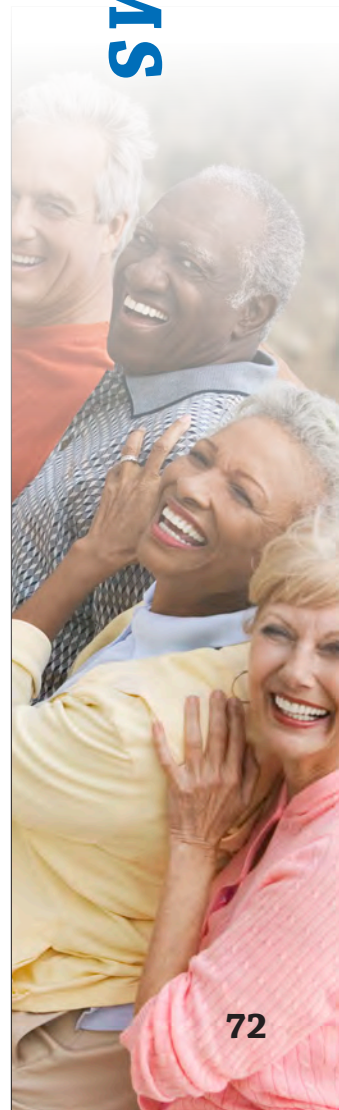
White Oak SC

Monday-Friday 9 a.m.- 3 p.m.

(daily)

* Open to all ages **Open to ages 18 & up

55+ PROGRAMS





55+ PROGRAMS

EXERCISE CLASS HIGHLIGHTS

In addition to exercise classes offered at our Senior Centers, many community and neighborhood recreation centers offer 55+ exercise classes. For more information and registration call the recreation center you are interested in attending. We partner with many of our local hospitals to provide exercise classes, health services and informational classes and seminars. These include:

Senior Fit by Holy Cross Health

These free classes help participants improve strength, endurance and flexibility. Call 301-754-8800 for registration information.

Bauer Dr. CRC

Monday and Wednesday, 9:15-10 a.m. and 10:15-11 a.m.

Friday, 9:15-10 a.m.

Coffield CRC

Tuesday and Thursday, 10:30-11:15 a.m.

East County CRC

Monday, Wednesday and Friday, 10:45-11:30 a.m.

Germantown CRC

Tuesday, 1:45-2:30 p.m.

Thursday, 11:30 a.m.-12:15 p.m.

Mid-County CRC

Monday, Wednesday and Friday, 11-11:45 a.m.

Long Branch SC

Monday and Wednesday, noon-12:45 p.m.

Plum Gar CRC

Monday and Wednesday, 10:30-11:15 a.m.

North Potomac SC

Monday and Wednesday, 1-1:45 p.m.

Praisner CRC

Monday-Friday, 9-9:45 a.m.

Monday, Wednesday and Friday, 10-10:45 a.m.

Ross Boddy NRC

Tuesday and Thursday, 9-9:45 a.m.

Schweinhaut SC

Monday, Wednesday and Friday, 8:30-9:15 a.m. and 9:30-10:15 a.m.

Tuesday, 9-9:45 a.m.

Saturday, 9:30-10:15 a.m.

White Oak SC

Tuesday and Thursday, 9-9:45 a.m.

Better Bones

Long Branch SC

Wednesday and Friday, 1-2 p.m.

Schweinhaut SC

Monday and Thursday, 2-3 p.m.

Suburban Hospital Senior Shape Exercise Programs

The Senior Shape program is designed to improve participants' overall health. The program consists of strength, flexibility and aerobic exercise classes. Register online at events.suburbanhospital.org or call 301-896-3939. Class fee is \$40 per three-month session.

Weight Training

Margaret Schweinhaut SC

Tuesday, 10-10:45 a.m.

Holiday Park SC

Friday, 11-11:45 a.m.

Clara Barton Neighborhood Recreation Center

Friday, 1-1:45 p.m.

Aerobics/Strength Training/ Stretching

Clara Barton Neighborhood Recreation Center

Tuesday and Thursday, 11:30 a.m.-12:15 p.m.

North Potomac SC

Friday, 9:30-10:15 a.m.

Advanced Aerobics/Strength Training/Stretching:

Wisconsin Place CRC

Tuesday, 10-10:45 a.m.

Potomac CRC

Monday, 11-11:45 a.m.

Wednesday, 9:15-10 a.m.

Stability Ball

Holiday Park SC

Monday, 9-9:45 a.m.

Margaret Schweinhaut SC

Tuesday, 11-11:45 a.m.



EXERCISE CLASS HIGHLIGHTS

MedStar Montgomery Medical Center

Please register at MedStarMontgomery.org/classes or call 301-774-8881, option 4.

Senior Strength & Balance

Increase muscular strength, flexibility and range of motion, and maintain your cardiovascular health. Classes are ongoing and a physician's consent form is required in order to participate.

Longwood CRC

Tuesday, 9 a.m.

Mid-County CRC

Wednesday, 1 p.m.

Tai Chi

This free, meditative exercise program is designed for seniors. Improve balance, strength, coordination, flexibility and range of motion. Wear comfortable, loose clothing and flat shoes. Students should be able to stand for 30 minutes at a time.

Longwood CRC

Monday, 9:45 a.m.

Mid-County CRC

Tuesday, 11 a.m.

Ross Boddy NRC

Thursday, 10 a.m.

Gentle Flow Yoga for Seniors

Use yoga poses to increase strength, balance and flexibility. The class ends with a wonderful meditation that soothes the mind and body. Bring a yoga mat, water and comfortable shoes.

Longwood CRC

Call for dates/times, \$40 for eight sessions

Zumba Gold

MedStar Montgomery Medical Center is pleased to sponsor Zumba Gold. Please contact Longwood CRC at 240-777-6920 for registration cost and details.

Longwood CRC

Mondays, Wednesdays, 8:45 a.m.-9:45 a.m.

INDOOR WALKING

Many recreation and senior centers provide space for indoor walking. Call the center nearest you for additional information.

55+ Bone Builders

Bone Builders is a free, volunteer-led exercise program brought to you by Montgomery County Recreation, Health and Human Services and the RSVP Volunteer Program. One-hour classes twice per week are designed to increase bone density. Participants lift ankle weights and hand weights and participate in warm-ups, cool-downs and balance exercises.

Bone Builders has a strict attendance policy. Participants may register for only one class and must consistently attend twice per week to keep their spot.

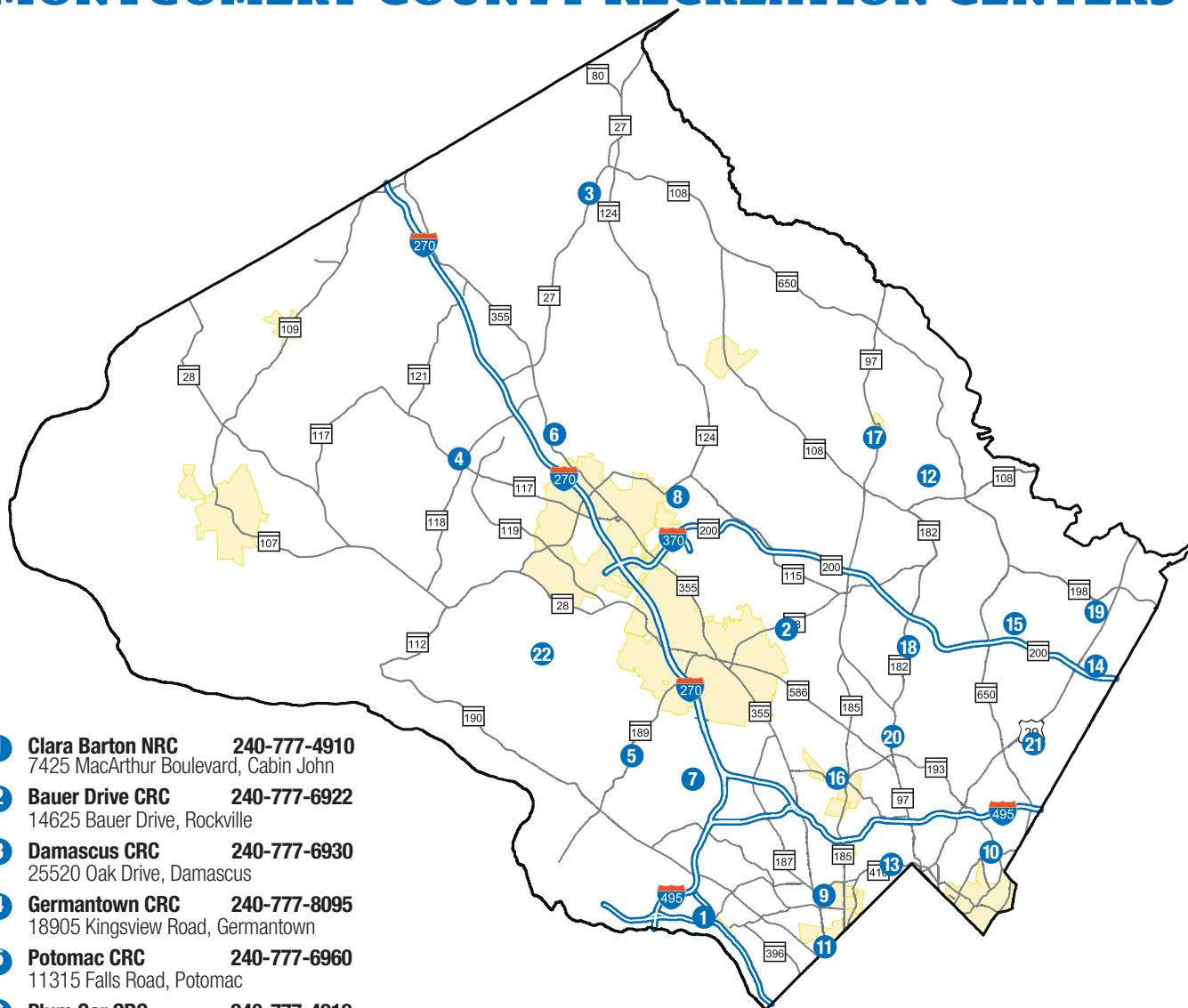
Interested participants are encouraged to observe a class prior to registering. For more information call 240-777-4925.

Registration begins November 12 at 8:30 a.m.

Activity	Location	Start	Days	Times
75349	Bauer	1/6	M,W	11:30 a.m. - 12:30 p.m.
75350	Bauer	1/7	T,Th	1 - 2 p.m.
75351	Clara Barton	1/6	M,W	2 - 3 p.m.
75352	Gwendolyn Coffield	1/7	T,Th	9:15 - 10:15 a.m.
75353	Damascus CRC	1/6	M,W	10:30 - 11:30 a.m.
75354	Germantown	1/6	M,Th	1 - 2 p.m.
75355	Lawton	1/7	T,Th	9:15 - 10:15 a.m.
75356	Longwood	1/6	M,W	11 a.m. - Noon
75357	Longwood	1/6	M,W	2 - 3 p.m.
75358	Mid-County	1/7	T,Th	1 - 2 p.m.
75360	North Potomac	1/7	T,Th	10:45 - 11:45 a.m.
75361	North Potomac	1/7	T,Th	Noon - 1 p.m.
75362	North Potomac	1/6	M,W	11:45 a.m. - 12:45 p.m.
75363	Plum Gar	1/7	T,Th	11:30 a.m. - 1 p.m.
75364	Potomac	1/7	T,Th	9 - 10 a.m.
75365	Potomac	1/7	T,Th	10 - 11 a.m.
75366	Potomac	1/6	M,W	11:15 a.m. - 12:15 p.m.
75367	Potomac	1/6	M,W	3 - 4 p.m.
75368	Praisner	1/6	M,W	11 a.m. - Noon
75369	Scotland	1/8	W,F	2:30 p.m. - 3:30 p.m.
75359	Wheaton CRC	1/7	T,Th	1 - 2 p.m.
75370	White Oak	1/7	T,Th	11 a.m. - Noon
75371	Wisconsin Place	1/6	M,Th	10 - 11 a.m.
75372	Wisconsin Place	1/7	T,Th	11:15 a.m. - 12:15 p.m.



MONTGOMERY COUNTY RECREATION CENTERS



- 1 Clara Barton NRC** 240-777-4910
7425 MacArthur Boulevard, Cabin John
- 2 Bauer Drive CRC** 240-777-6922
14625 Bauer Drive, Rockville
- 3 Damascus CRC** 240-777-6930
25520 Oak Drive, Damascus
- 4 Germantown CRC** 240-777-8095
18905 Kingsview Road, Germantown
- 5 Potomac CRC** 240-777-6960
11315 Falls Road, Potomac
- 6 Plum Gar CRC** 240-777-4919
19561 Scenery Drive, Germantown
- 7 Scotland NRC** 240-777-8075
7700 Scotland Drive, Potomac
- 8 Upper County CRC** 240-777-8077
8201 Emory Grove Road, Gaithersburg
- 9 Jane E. Lawton CRC** 240-777-6855
4301 Willow Lane, Chevy Chase
- 10 Long Branch CRC** 240-777-6965
8700 Piney Branch Road, Silver Spring
- 11 Wisconsin Place CRC** 240-777-8088
5311 Friendship Boulevard, Chevy Chase
- 12 Ross J. Boddy NRC** 240-777-8050
18529 Brooke Road, Sandy Spring
- 13 Gwendolyn Coffield CRC** 240-777-4900
2450 Lyttonsville Road, Silver Spring
- 14 East County CRC** 240-777-8090
3310 Gateshead Manor Way, Silver Spring

- 15 Good Hope NRC** 240-777-8055
14715 Good Hope Road, Silver Spring
- 16 Ken Gar Center** 240-777-8099
4111 Plyers Mill Road, Kensington
- 17 Longwood CRC** 240-777-6920
19300 Georgia Avenue, Brookeville
- 18 Mid-County CRC** 240-777-6820
2004 Queensguard Road, Silver Spring
- 19 Marilyn J. Praisner CRC** 240-777-4970
14906 Old Columbia Pike, Burtonsville
- 20 Wheaton CRC** 240-777-8057
11701 Georgia Ave., Wheaton
- 21 White Oak CRC** 240-777-6940
1700 April Lane, Silver Spring
- 22 Nancy H. Dacek North Potomac CRC** 240-773-4800
13850 Travilah Road, Rockville

Community Recreation Centers (CRC) and Neighborhood Recreation Centers (NRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages. Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room. Rooms of various sizes at the CRC/NRCs can also be rented. Call for specific hours and availability.

PROGRAM LOCATIONS

Ashburton Elementary School

The Art of Handwriting Level 1.....57

Avant Garde Ballroom Dance Center

Bachata I.....35

Hip-Hop I39

Salsa Club Dancing I.....39

Wedding Ready39

Bannockburn Elementary School

Lil' Hoopers.....60

Overtime Hoops Academy.....61

Bauer Drive CRC

20-20-20.....43

55+ FREE Bone Builders.....74

55+ Senior Fit73

Acrylic Painting Techniques31

ACT The Workout-Fitness44

Body Sculpt.....41

Boot Camp and Strength Training.....43

Coach Doug Pre Wee Wanna Be.....63

Coach Doug We Wanna Be.....63

Community Basic First Aid
and CPR_AED.....45

Draw and Clay - Ocean Life.....31

Drawing with Young Rembrandts31

Drumming - Rock Out.....67

Dynaerobics.....43

Dynaerobics AND Body Sculpting.....43

Fencing - Beginner I.....60

Fencing - Beginner II.....61

Fencing - Intermediate61

Funfit Tots.....42

Funfit Tots Family Class.....42

Gentle Yoga.....48

It's a Stitch32

Jazzmatazz Low-Impact Aerobics40

Karate/Jujitsu.....51

Karate/Jujitsu Adult51

Kelley's Complete Fitness

Workout.....44

Kids Sew and Tell32

Learn Now Music:

HeroeZ of Guitar.....53

Learn Now Music: KeyZ to Piano54

Learn Now Music:

My First Music Class55

Men's Basketball League60

Pickleball Class Beginners.....62

Pickleball Leagues.....63

Pickleball Skills & Drills63

Pilates for Fitness41

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TGIF-Family Nights.....67

TGIF-Totally Great Inclusive Fun -

First Fridays.....67

Tone It Up Boot Camp43

TR BIG Game Nights67

Yoga Basics49

Yoga Fundamentals49

Zumba Fitness46

Bethesda Elementary School

Ballroom I (Couples)36

Ballroom II (Couples)37

Karate/Jujitsu.....51

Karate/Jujitsu Adult51

Beverly Farms Elementary School

Tiny Tigers/Little Ninjas52

Chevy Chase Elementary School

Hoop Stars59

Little Hoop Stars60

Clara Barton NRC

55+ Aerobics/Strength Training/
Stretching73

55+ FREE Bone Builders.....74

55+ Weight Training.....73

Definition Body Sculpting41

Definition Zumba.....45

Karate/Jujitsu.....51

Mini Doodlers: Tell Me a Story31



PROGRAM LOCATIONS

Clarksburg Elementary School

BasketBALLER Club	59
KIDspired Dodge It.....	59
KIDspired Multi-Sports	59

Commotion Fitness Studio

Contemporary Dance I	35
Hip-Hop Dance	37
Poms.....	37
Theatre Dance & Tap	39

Damascus CRC

55+ FREE Bone Builders.....	74
Cardio 'n Core	66
Drawing with Young Rembrandts	31
DSC Futsal Youth League	62
Jacki Sorensen's Aerobic Workout....	40
Karate/Jujitsu.....	51
Karate/Jujitsu Adult	51
Stretch 'n Tone.....	66

Danse! Dansez! Dansez! Dance Studio

Pre-Ballet.....	36
Pre Hip-Hop	37

Dobre Gymnastics

Gymnastics I	61
Gymnastics II	61

East County CRC

55+ Senior Fit	73
Karate/Jujitsu Club.....	51
Karate/Jujitsu Club 2.....	51
Pickleball Class Skills & Drills	63
Pickleball League	63
Turn the Beat Around	66
Yoga Basics	49

Flower Valley Elementary School

Little Hoop Stars	60
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Germantown CRC

55+ FREE Bone Builders.....	74
55+ Senior Fit	73
Ballet	35
Category 4 Fitness Boot Camp	43
Coach Doug Pre Wee Wanna Be.....	62
Coach Doug Seasonal Sports	62
Coach Doug Soccer.....	63
Coach Doug We Wanna Be.....	62
Community Basic First Aid and CPR_AED.....	45
Dance Fit Zumba.....	45
DSC Futsal Youth League	62
Draw and Clay - Ocean Life.....	31
Drawing with Young Rembrandts	31
Fencing - Beginner I.....	60

Fencing - Beginner II.....	61
Karate/Jujitsu.....	51
Karate/Jujitsu Adult	51
Kidz Dance	36
Learning Art from the Masters	31
Moving with Mike.....	66
Round Loom Knitting	34
Using Mindfulness to Increase Happiness	46

Germantown Indoor Swim Center

Adult Level 1.....	28
Adult Level 2.....	28
Adult Level 3.....	28
Adult Level 4.....	28
Aquatots	23
Beginner 1	24
Beginner 2	25
Beginner 3	25
Beginner 4	26
Deep Water Running	13
High School Diving.....	14
Level 1: Human Springs	14
Level 2: Human Springs	15
Lifeguard Training	18
Lifeguard Training Review.....	20
Masters Swimming - 2 Days per Week.....	16
Pre-School	24
Scuba	17

PROGRAM LOCATIONS

Stroke and Turn Clinic.....	17
SwiMontgomery	17
TR Adult Social Swim	67
USAD Developmental Group	16
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Water Exercise.....	13
Water Exercise - Adaptive.....	29
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Youth Advanced.....	27
Youth Level 1	26
Youth Level 2	26
Youth Level 3	27
Youth Level 4	27

Gibbs Jr., William B. Elementary School

BasketBALLER Club	59
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Glenallan Elementary School

Drawing with Young Rembrandts	31
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Good Hope NRC

Glow Zumba	45
Movin' with Millie Aerobics.....	40
Urban Line Dance	38

Gwendolyn Coffield CRC

55+ FREE Bone Builders.....	74
55+ Senior Fit	73
Ballet	35
Ballroom III (Couples)	37
Essential Yoga For Beginners	48
Kidz Dance	36
Twoosy Doodlers	32

Holiday Park Senior Center

55+ Stability Ball	73
55+ Weight Training.....	73
Adult Group Piano I	53
Adult Group Piano II	54
Adult Group Piano III	54
Adult Group Piano IV	54
Creative Cooking TR.....	66
It's a Stitch	32
Jail House Rock	68
Kaldeiscope Art Workshops.....	66
Karate for Individuals with Disabilities	66
Lunar New Year	68
Ready, Set, LEAP!	68
TR Zumba	66
Turn the Beat Around	66

Jane E. Lawton CRC

55+ FREE Bone Builders.....	74
Ballroom II (Couples)	37
Bone Builders - Plus.....	42
Dance & Fitness.....	40
Easy Yoga	48
Fairy Tale Ballet	36
Hatha Yoga and Stress Management Beg/Cont	49
International Folk Dancing	38
Introduction to Mindfulness Meditation.....	46
It's a Stitch	32

Mini Doodlers: Tell Me a Story	31
Oil or Acrylic Painting - Open Studio.....	42
Pilates for Fitness	41
Preschool Spanish	57
Spanish Toddlers.....	57
Swing (couples)	36
Tiny Toes.....	39
Toddler and Me Dance	39
Yoga4Kidz.....	48
Yoga4Tweenz	48

Ken-Gar Center

Iaido.....	50
Judo	50
Karate Do / Iaido - Beginners.....	50
Karate Do / Iaido - Intermediate.....	50

Kennedy Shriver Aquatic Center

Abs & Glutes & More.....	12
Adapted Aquatics Lesson - Level 1.....	29
Adapted Aquatics Lesson - Volunteer Assisted	29
Adapted Aquatics Swim Clinic	29
Adult Level 1	28
Adult Level 2	28
Adult Level 3	28
Adult Level 4	28
Adult Level 5	29
Adult Swim for Conditioning	29
Aqua Lite	12
Aqua Spin	12
Aquatots	23



PROGRAM LOCATIONS

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Beginner 2	25
Beginner 3	25
Beginner 4	26
Deep Water Running	13
High School Diving	14
Hi/Lo Cardio Fusion	13
Level 1: Human Springs	14
Level 2/3: Human Springs	15
Level 2: Human Springs	15
Level 3: Human Springs	15
Lifeguard Training	18
Lifeguard Instructor Course	20
Masters Diving	16
Masters Swimming -	
4 Days per Week	16
5 Days per Week	16
Pre-School	24
Stroke and Turn Clinic	17
Springs Diving Team -	
Homeschool Edition	16
SwiMontgomery	17
USAD Developmental Group	16
Water Aerobics	13
Water Exercise	13
Waterbabies	23
Yoga-Pilates Fusion	50
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Youth Level 1	26
Youth Level 2	26
Youth Level 3	27
Youth Level 4	27

Kicks Karate Bethesda

Little Ninjas	52
Super Samurais	52
Tiny Tigers	52

Kicks Karate Clarksburg

Little Ninjas	52
Super Samurais	52
Tiny Tigers	52

Kicks Karate Germantown

Super Samurais	52
Tiny Tigers / Little Ninjas	52

Kicks Karate Kensington

Little Ninjas	52
Super Samurais	52
Tiny Tigers	52

Kicks Karate North Bethesda

Fitness Kickboxing	43
Little Ninjas	52
Super Samurais	52
Tiny Tigers	52

Kicks Karate Potomac

Fitness Kickboxing	43
Little Ninjas	52
Super Samurais	52
Tiny Tigers	52

Kicks Karate Shady Grove

Fitness Kickboxing	43
Little Ninjas	52
Super Samurais	52
Tiny Tigers	52

Kicks Karate Silver Spring

Little Ninjas	52
Super Samurais	52
Tiny Tigers	52

Kritt Studio

Drawing Seascapes With Kritt	32
Painting Landscapes With Kritt	32
Painting Waterfalls and Rocks With Kritt Workshop	33

Little Bennett Elementary School

BasketBALLER Club	59
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Long Branch CRC

Jazzmatazz Pre Ballet	36
Jazzmatazz Preschool Dance	36

Long Branch Senior Center

55+ Better Bones	73
55+ Senior Fit	73

PROGRAM LOCATIONS

Longwood CRC

55+ FREE Bone Builders.....	74
Adventures in Art	31
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Kelley's Complete Fitness Workout.....	44
Learn Now Music: The Violinist Within	55
Senior Strength & Balance.....	74
Senior Tai Chi.....	74
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Marilyn J. Praisner CRC

55+ FREE Bone Builders.....	74
55+ Senior Fit	73
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Dance Fit Zumba.....	45
Fitness 101	45
Hummingbirds Indoor Soccer.....	63
Karate/Jujitsu.....	51
Karate/Jujitsu Adult	51
Pickleball Class Beginners.....	62
Tots Movement Kid Fit 101.....	42
Yoga Basics	49

Maryland Table Tennis Center

Table Tennis / Ping Pong	64
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Mid County CRC

55+ FREE Bone Builders.....	74
55+ Senior Fit	73
Karate/Jujitsu.....	51
Karate/Jujitsu Adult	51
Afro Latin Grooves Dance	38
Basketball League TR.....	67
Boot Camp.....	42
Dance & Fitness.....	40
Fitness 101	45
Itsy Bitsy Yoga	48
Learn Now Music: KeyZ to Piano	54
Mama Goose on the Loose	57
Mini Musicians, Movers & Shakers.....	55
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Senior Strength & Balance.....	74
Senior Tai Chi.....	74
Step Dance for Kids	38
Tots Movement Kid Fit 101.....	42
Twoosy Doodlers	32
Yoga Basics	49
Yoga/Stretching for Your Relaxation	50
Zumba Fitness	46

Martin Luther King Jr. Swim Center

AAU National Team	14
Abs & Glutes & More.....	12
Adult Level 1.....	28
Adult Level 2.....	28
Adult Level 4.....	28
Aqua Cardio Challenge	12
Aqua Cardio Dance	12
Aqua Spin	12
Aqua YO-Lates	13
Aquatots.....	23
Beginner 1	24
Beginner 2	25
Beginner 3	25
Beginner 4	26
Deep Water Running	13
Lifeguard Training	19
Lifeguard Training - Accelerated	19
Lifeguard Training - Review	20
Masters Swimming - 1 Day per Week	16
Pre-School	24
Scuba	17
Stroke and Turn Clinic.....	17
SwiMontgomery	17
TR Adult Social Swim	67
Water Exercise.....	13
Water Exercise - Adaptive.....	29
Waterbabies	23
Youth Advanced.....	27
Youth Level 1	26
Youth Level 2	26
Youth Level 3	27
Youth Level 4	27



PROGRAM LOCATIONS

Nancy H. Dacek North Potomac CRC

55+ Aerobics/Strength Trainin/	
Stretching	73
55+ FREE Bone Builders.....	74
55+ Senior Fit	73
Ballet	35
Body Sculpt.....	41
Bollywood Bhangra Dance	
Fitness.....	38
Dance Fit Zumba.....	45
Fairy Tale Ballet	36
Fencing - Beginner I/II	61
Fitness 101	45
Handcrafted Pottery	33
Handcrafted Pottery Open Studio	34
Intro to Digital Photography	33
Karate/Jujitsu.....	51
Kids Kitchen: Food, Fitness, Fun	35
Kidz Dance	36
Learn Now Music:	
My First Music Class	55
Learn to DJ.....	53
Mindfulness of the Body	47
Mini Musicians, Movers	
& Shakers.....	55
Pickleball Class Skills & Drills	63
Pilates for Fitness	41
The Art of Handwriting Level 1.....	57
Train Like a Pro Basketball	60
Twoosy Doodlers	32
Wine and Dine: Asian Flavors	
Seafood Dinner	34

North Bethesda Middle School

Minecraft Modding.....	58
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Norwood Local Park

Exploring Music and Piano	
Level 1.....	54
Exploring Music and Piano	
Level 2.....	54

Oakland Terrace Elementary School

Coach Doug Seasonal Sports	62
Coach Doug Soccer.....	63
Coach Doug We Wanna Be.....	62

Olney Swim Center

Adult Level 1.....	28
Adult Level 2.....	28
Adult Level 4.....	28
Aqua Cardio Dance	12
Aqua Lite	12
Aquatots.....	23
Beginner 1	24
Beginner 2	25
Beginner 3	25
Beginner 4	26
Deep Water Running	13
Level 1: Human Springs	14
Level 2/3: Human Springs.....	15
Lifeguard Training	19
Lifeguard Training Review.....	20
Masters Swimming -	
3 Days per Week.....	16
Pre-School	24

Scuba	17
Stroke and Turn Clinic.....	17
SwiMontgomery	17
TR Adult Social Swim	67
Water Aerobics	13
Water Exercise.....	13
Waterbabies	23
Youth Advanced.....	27
Youth Level 1	26
Youth Level 2	26
Youth Level 3	27
Youth Level 4	27

Plum Gar CRC

55+ FREE Bone Builders.....	74
55+ Senior Fit	73
Classic Vovinam Martial Arts	53
Hip-Hop Kids.....	37
Kaldeiscope Art Workshops.....	66

Potomac CRC

55+ Advanced Aerobics/Strength	
Training/Stretching	73
55+ FREE Bone Builders.....	74
ACT The Workout-Fitness	44
Advanced Right Brained Drawing	32
Ballet for Adults.....	35
Beginner Right Brained Drawing	32
Bollywood Dance Fitness.....	38
Bollywood Dance for Toddlers.....	38
Bollywood Kids	39
Bone Builders - Plus.....	42
Boot Camp.....	42
Coach Doug Club Holiday Full Day....	56

PROGRAM LOCATIONS

Coach Doug Club Holiday Half-Day...	55
Coach Doug Club Holiday PM.....	56
Coach Doug Pre Wee Wanna Be.....	62
Coach Doug Seasonal Sports	62
Coach Doug Soccer.....	63
Coach Doug We Wanna Be.....	62
Community Basic First Aid and CPR_AED.....	45
Dance Fit Zumba.....	45
Discovering Music for Toddlers.....	54
Entrepreneurs Club	56
Gemology I	58
Gemology I Introductory	56
Gemology II	58
Gemology II Advanced.....	56
Half Day Silent Meditation Retreat.....	46
Jacki Sorensen's Aerobic Dance.....	40
Jacki Sorensen's Strong Step	40
Karate/Jujitsu.....	51
Karate/Jujitsu Adult	51
Laughter Fitness	47
Money Matters.....	56
Pickleball Class Beginners	62
Playwriting: Write Together Play Together.....	33
Powerlates.....	41
Stock Market Club	56
Stretch 'n Tone.....	66
Tots Movement Kid Fit 101.....	42
Twoosy Doodlers	32
Yoga for Beginners and Continuing	49

Regional Services Center- B-CC

Baby and Me Yoga	48
Evening Yoga.....	48
Preschool Yoga	48

Resnik, Judith A. Elementary School

Karate/Jujitsu.....	51
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Restore Motion

Building Strength & Healthy Prostate	47
Pelvic Floor-Keeping it Healthy.....	47

Rock View Elementary School

Dance & Fitness.....	40
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Ross Boddy CRC

Aikido	50
Boot Camp and Strength Training.....	43
Cook the Book: Kitchen Matters.....	34
Salad Dressings and What to Dress.....	34
Train Like a Pro Basketball	60

Ross Boddy NRC

55+ Senior Fit	73
Ceramics Introductory Wheel.....	33
Handcrafted Pottery	33
Handcrafted Pottery Open Studio	34
Pickleball Class Skills & Drills	63
Senior Tai Chi.....	74

Schweinhaut Senior Center

55+ Better Bones	73
55+ Senior Fit	73
55+ Stability Ball	73
55+ Weight Training.....	73

Scotland NRC

55+ FREE Bone Builders.....	74
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Stedwick Elementary School

Karate/Jujitsu.....	51
Karate/Jujitsu Adult	51

Tilden Middle School

Ballet Workout + Pilates Mat.....	41
Funfit Tots.....	42
Funfit Tots Family Class.....	42
Men's Basketball League	60

Travilah Elementary School

Little Hoop Stars	60
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Upper County CRC

Karate/Jujitsu.....	51
Karate/Jujitsu Adult	51
TR Zumba	66

Veirs Mill Local Park

Dance & Fitness.....	40
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Wells, Hallie Middle School

Men's Basketball Nights	60
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PROGRAM LOCATIONS

Westland Middle School

Pre-Season Basketball Skills & Conditioning I	60
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Wheaton CRC

55+ FREE Bone Builders.....	74
ACT The Workout-Fitness	44
Afro Latin Grooves Dance	38
Bagua.....	53
Ballet	35
Ballroom I (Couples)	36
Ballroom II (Couples)	37
Ballroom IV (Couples).....	37
Ceramics Introductory Wheel.....	33
Chopped!.....	34
Creative Combo Dance	36
Dance & Fitness Add a Class.....	40
Discovering Music for Toddlers.....	54
Fairy Tale Ballet	36
Fitness 101	45
Golf Swing Fundamentals.....	61
Handcrafted Pottery	33
Handcrafted Pottery Open Studio	34
Hummingbirds Indoor Soccer.....	63
Jazzmatazz Aerobics	
W/Pilates Mat.....	41
Karate/Jujitsu.....	51
Karate/Jujitsu Adult	51
Kelley's 50+ Complete	
Fitness Workout.....	44
Kidz Dance	36
Learn Now Music: KeyZ to Piano	54
Learn to DJ.....	53
Men's Basketball League	60
Mini Doodlers: Tell Me a Story	31
Pickleball Class Beginners.....	62

Pickleball Leagues.....	63
Pickleball Skills & Drills	63
Pies, Oh My!	35
Powerblast.....	44
Preschool Spanish	57
Restore and Recharge Yoga	49
Spanish Toddlers.....	57
Step Dance for Kids	38
Stretch 'N Tone	66
Tai Chi - Beginning	47
Tai Chi - Continuing.....	47
The Art Of Cupcakes	35
Train Like a Pro Indoor Soccer	64
Ultimate Frisbee High School	
League	64
Ultimate Frisbee Introductory	
League	64
Ultimate Frisbee Middle School	
League	64
Urban Line Dance	38
Women's Drop-In Basketball	60
Zumba	46
Zumba Toning.....	46

White Oak CRC

55+ FREE Bone Building.....	74
Boot Camp and Strength Training.....	43
Handbuilt Pottery	66
Handcrafted Pottery	33
Handcrafted Pottery Open Studio	34
Kids Kitchen: Food, Fitness, Fun	35
Naginata	53
Pickleball Class Beginners	62
Pilates for Fitness	41
Tiny Toes.....	39
Toddler and Me Dance	39
Twoosy Doodlers	32
Zen Budo Martial Arts: Kids.....	52

White Oak Senior Center

55+ Senior Fit	73
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Wisconsin Place CRC

55+ Advanced Aerobics/Strength	
Training/Stretching	73
55+ FREE Bone Building.....	74
Adult Ultimate Frisbee Indoor	
League	64
Advanced Beading.....	33
Ballet Workout + Pilates Mat.....	41
Discovering Music for Toddlers.....	54
Evening Yoga.....	48
Hatha Yoga and Stress	
Management Ben/Cont	49
Metal Jewelry Design	33
Pre-Season Basketball Skills & Conditioning I	60

Wood, Earle B. Middle School

Game Design	57
Game Design Using Unreal.....	58
Visual Programming Using Scratch ...	58

FACILITY ADDRESSES

Elementary Schools

Arcola ES.....	1820 Franwall Ave., Silver Spring, 20902
Bethesda ES	7600 Arlington Rd., Bethesda, 20814
Chevy Chase ES.....	4015 Rosemary St., Chevy Chase, 20815
DuFief ES.....	15001 DuFief Drive, Gaithersburg, 20878
Flower Valley ES.....	4615 Sunflower Drive, Rockville, 20853
Glenallan ES.....	12520 Heurich Rd., Silver Spring, 20902
Kensington Parkwood ES	34710 Saul Rd, Kensington, 20895
Oakland Terrace ES.....	2720 Plyers Mill Rd., Silver Spring, 20902
Resnik, Judith A. ES.....	7301 Hadley Farms Drive, Gaithersburg, 20879
Rock View ES.....	3901 Denfeld Ave, Kensington, 20895
Rolling Terrace ES.....	705 Bayfield St., Takoma Park, 20912
Stedwick ES	10631 Stedwick Rd., Montgomery Village, 20886
Travilah ES.....	13801 Dufief Mill Rd., North Potomac, 20878
Wayside ES	10011 Glen Rd., Potomac, 20854

Middle Schools

Clemente, Roberto MS	18808 Waring Station Rd., Germantown, 20874
Eastern MS	300 University Blvd., Silver Spring, 20901
Frost, Robert MS.....	9210 Scott Drive, Rockville, 20850
North Bethesda MS.....	8935 Bradmoor Drive, Bethesda, 20817
Parkland MS.....	4610 W Frankfort Drive, Rockville, 20853
Tilden MS	11211 Old Georgetown Rd., Rockville, 20852
Wood, Earle B. MS.....	14615 Bauer Drive, Rockville, 20853

High Schools

Walter Johnson HS	6400 Rock Spring Drive, Bethesda, 20814
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Parks

Glenmont LP	3201 Randolph Rd., Wheaton-Glenmont, 20906
Norbeck-Muncaster Mill NP	4101 Muncaster Mill Rd., Rockville, 20853
Norwood LP	4700 Norwood Drive, Chevy Chase, 20815
Pilgrim Hills LP.....	1615 E Randolph Rd., Silver Spring, 20904
Veirs Mill LP	4425 Garrett Park RD at Beach Drive, Veirs Mill, 20906

Other Facilities

Avant Garde Ballroom Dance Center	268 Nicholson Ln., Bethesda, 20852
Danse! Dansez! Dance Studio	5050-D Nicholson Ln., Bethesda, 20852
Dobre Gymnastics	9168 Gaither Rd., Gaithersburg, 20877
Kicks Karate - Bethesda.....	Glen Echo, 2508, 4701 Sangamore Rd., Bethesda, 20816
Kicks Karate - Clarksburg	12101 Chestnut Branch Way, Clarksburg, 20871
Kicks Karate - Germantown	13020 Middlebrook Rd., Germantown, 20874
Kicks Karate - North Bethesda	10400, Old Georgetown Rd., Bethesda, 20814
Kicks Karate - Potomac.....	9812 Falls Rd., Potomac, 20854
Kicks Karate - Shady Grove.....	9737 Traville Gateway Dr., Rockville, 20854
Kicks Karate Silver Spring	2257 Bel Pre Rd., Silver Spring, 20906
Komodo USA Gaithersburg ..	402 Main St., Gaithersburg, 20878
Komodo USA Germantown.....	19727 Executive Park Cr., Germantown, 20874
Kritt Studio	14817 Brownstone Dr., Burtonsville, 20866
Maryland Table Tennis Center ...	18761 N. Frederick Ave., Gaithersburg, 20879
Regional Services Center-B-CC	4805 Edgemoor Ln., Bethesda, 20814
Restore Motion.....	5410 Edson Ln., Rockville, 20852

Recreation Facilities

Bauer Drive CRC.....	14625 Bauer Drive, Rockville, 20853
Clara Barton NRC.....	7425 MacArthur Blvd., Cabin John, 20818
Damascus CRC	25520 Oak Drive, Damascus, 20872
East County CRC	3310 Gateshead Manor Way, Silver Spring, 20904
Germantown CRC.....	18905 Kingsview Drive, Germantown, 20874
Germantown ISC	18000 Central Park Cir., Boyds, 20841
Good Hope NRC	14715 Good Hope Rd., Silver Spring, 20905
Gwendolyn Coffield CRC.....	2450 Lyttonsville Rd., Silver Spring, 20910
Holiday Park SC	3950 Ferrara Drive, Wheaton, 20906
Jane E. Lawton CRC	4301 Willow Ln., Chevy Chase, 20815
Kennedy Shriver AC	5900 Executive Blvd., N.Bethesda, 20814
Leonard D. Jackson Ken Gar	4111 Plyers Mill Rd., Kensington, 20895
Long Branch CRC	8700 Piney Branch Rd., Silver Spring, 20901
Longwood CRC.....	19300 Georgia Ave., Brookeville, 20833
Marilyn J. Praisner CRC.....	14906 Old Columbia Pwky., Burtonsville, 20866
Martin Luther King SC	1201 Jackson Rd., Silver Spring, 20904
Mid-County CRC	2004 Queensguard Rd., Silver Spring, 20906
Nancy H. Dacek North Potomac CRC.....	13850 Travilah Rd., Rockville, 20850
Olney Swim Center.....	16601 Georgia Ave., Olney, 20832
Plum Gar CRC.....	19561 Scenery Drive, Germantown, 20874
Potomac CRC	11315 Falls Rd., Potomac, 20854
Recreation Administrative Office	4010 Randolph Rd., Silver Spring 20902
Ross Boddy NRC.....	18529 Brooke Rd., Sandy Spring, 20860
Scotland NRC	7000 Scotland Drive, Potomac, 20854
Upper County CRC.....	8201 Emory Grove Rd., Gaithersburg, 20877
Wheaton CRC.....	11701 Georgia Ave., Wheaton 20902
White Oak CRC.....	1700 April Ln., Silver Spring, 20904
Wisconsin Place CRC	5311 Friendship Blvd., Chevy Chase, 20815